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diabetic LIVING

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CHANGE**

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RISONI
CHICKEN**

See page 16

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MY STORY

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IMMEDIATE MEDIA

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NOVEMBER/DECEMBER 2023

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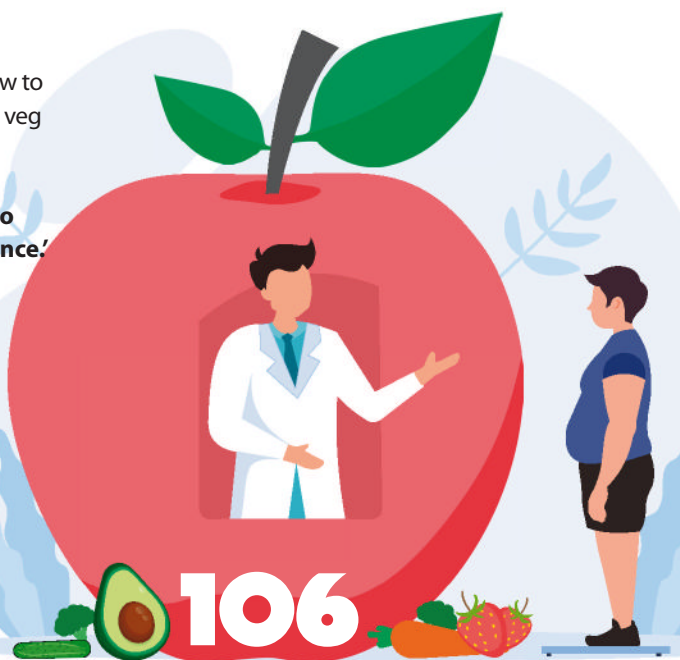
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OUR EXPERTS

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Dr Ramy Bishay

**Endocrinologist
& bariatric physician**

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.

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**NEXT
ISSUE
ON SALE
DEC 14**



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PHOTOGRAPHY IMMEDIATE MEDIA AND GETTY IMAGES

Please explain



In the previous issue, I talked about healthy longevity and how that's something I'm keen to work on for myself. A lot of the work around this topic includes mentions of "metabolic health", which was one of those things that I'd heard a lot about but couldn't put a lot of detail to. I thought you might be in the same boat, so I asked expert Dr Kate Marsh to write a feature explaining what metabolic health is and why it's important. I think she nailed it! Turn to page 106 to read her article.

Ozempic is another topic that's generating a lot of buzz at the moment as we hear of celebrities using it for weight loss while people who need it to help manage their diabetes are struggling to find it. DL dietitian Shannon Lavery gives us the rundown on the good, bad and ugly sides of this important medication.

Summer (and Christmas!) aren't too far away, so in this issue we've got plenty of budget-friendly recipes for warm evenings, dinners with friends and a fast and simple Christmas lunch that costs just \$15 per person! There are also sensational special occasion desserts, a must-read guide to cooking the perfect steak (I'll be bookmarking that one for my husband) and breakfasts that are worth getting out of bed for. If you want to get more out of your fruit and veg, don't miss our extract from The Fruit Nerd's book *Don't Buy Fruit & Veg Without Me!*

Enjoy the issue!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

d diabetes australia

Coeliac
Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

● **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.

● **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

● **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.

● **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.

● **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

● **Will I have to use insulin?** Yes, if



you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

● **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



IN 2020, TYPE 1 DIABETES COST

**\$2.9
BILLION**

in Australia, through healthcare costs, reduced wellbeing, lower employment and additional care

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■



YOUR healthy life

The latest global diabetes news

STOP LOSING SLEEP OVER YOUR SLEEP

That's the advice from a new study out of the UK's University of Warwick, which found that how people feel about their sleep has a greater impact on their wellbeing than the actual quality of their sleep. For example, when study participants reported that they felt like they'd slept better than they normally did, they experienced more positive emotions and a greater sense of 'life satisfaction' the next day. In contrast, on its own, a 'good night's sleep' as measured by sleep-tracking technology wasn't associated with better wellbeing the following day. The takeaway? Tweaking how you feel or talk to yourself about a bad night's sleep, so that you view it less negatively, may genuinely improve your outlook and your mood. "On the contrary," says lead author of the study, Dr Anita Lenneis, "if a sleep tracker tells you that you slept well, but you did not experience the night as such, this information may help you to reassess how well you actually slept. So, it may improve your subjective perception of last night's sleep and thereby your overall next day's wellbeing."



START BRUSHING UP!

A new survey by the Australian Dental Association (ADA) shows that three in four adults in Australia rarely or never floss, and almost one in five of us only brush our teeth once a day.

On top of that, around two-thirds of adults only visit the dentist when they have a problem. That's bad news for the nation's teeth, but it can also have a knock-on effect of possible serious health issues, including type 2 diabetes, asthma and cardiovascular disease. "The knock-on effect of not brushing twice a day and flossing daily risks gum disease, which when left untreated, can harm the rest of the body," says ADA President, dentist Dr Stephen Liew. One in three Australian adults already has gum disease, but thankfully spending just six minutes a day on your teeth, brushing twice and flossing once, can help avoid the negative effects of poor oral hygiene on the rest of your body. In addition, most dentists also recommend having a routine dental check-up every six to 12 months.



HANDS UP TO PROTECT AGAINST DEMENTIA

Volunteering has been shown to deliver a variety of different health benefits, the latest of which may be improving memory. That's according to a recent American study, which found how putting your hand up to volunteer for something in later life may protect against cognitive decline and dementia. It's thought that volunteer activities allow older adults to be more physically active, increase their social interaction and provide cognitive stimulation that may protect the brain. "You're not in control of your family history or age – you can't turn back the clock," says Rachel Whitmer, the study's principal investigator. "But you are in control of how you spend your day and life. Volunteering is about keeping your brain active. It's also about socialising, which keeps you engaged and happy and potentially lowers stress."

Visit govolunteer.com.au to find volunteering opportunities near you.



Q: My adult son has just been diagnosed with type 2 diabetes, something I've lived with for decades. I know there's a genetic component to type 2 and I feel upset that I may have passed this on to future generations, somehow. How can I stop feeling so guilty?

Janine says: Parents inevitably feel a range of emotions when a child, regardless of age, is diagnosed with a chronic illness. When the illness has a genetic component, it is not unusual for guilty feelings to be amongst them.

It is very natural to want to avoid feeling guilty, and there are many things that are likely to provide momentary relief. However, you are feeling guilty for a reason. Consider this: if you didn't care so much for your son, would you be feeling guilty? What if guilt is a reminder of how much your son matters to you? Do you really want to stop being reminded of this?

Unpleasant feelings are often the flip side of care. Life is a package deal – we will feel our greatest emotional pain where we love the most. Appreciating this can help us respond in meaningful ways to difficult feelings, like guilt. Rather than trying to stop feeling guilty, perhaps you might be willing to channel the energy into caring for your son in helpful ways. It sounds like you might be a treasure trove of support for him, especially given your own experience with type 2.

Dr Janine Clarke, psychologist



Q&A ASK DR MARSH

Q: I'm making a conscious effort to eat the 5+ recommended serves of vegetables every day and to make it work, I'm trying to eat vegie-rich breakfasts, but am running short on ideas. What are some tips or fresh ideas for including vegetables in my morning meal?

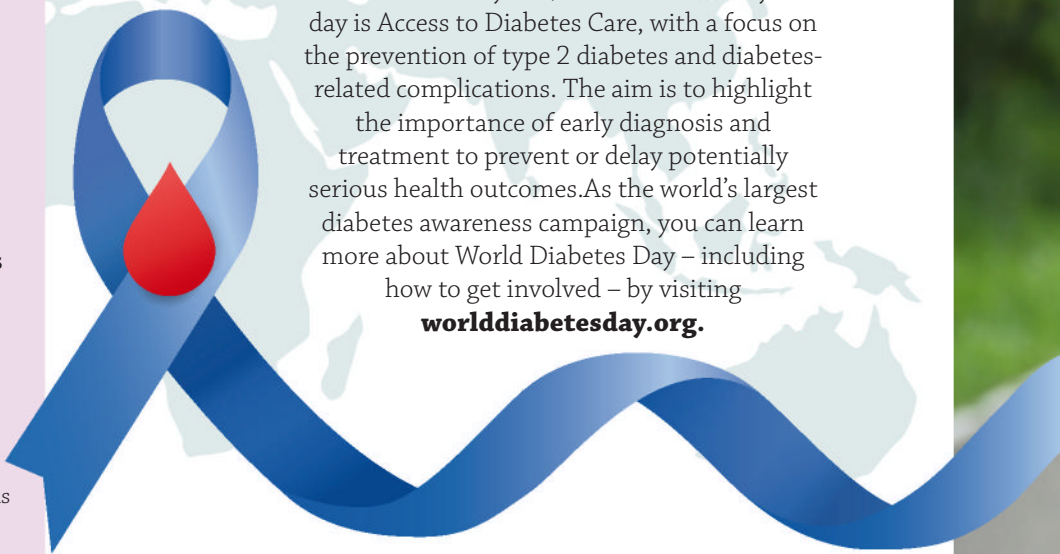
Kate says: Many people don't think about adding vegetables at breakfast but you are right in thinking this is a great way to help get your 5+ serves of vegies each day. Here are a few ideas that may help:

- » Wholegrain toast with poached or scrambled eggs served with grilled tomato and asparagus.
- » Vegetable frittata with sweet potato, spinach, mushrooms and capsicum.
- » Sautéed mushrooms on toast.
- » Breakfast burritos made with a wholegrain wrap filled with black beans, sautéed capsicum, tomato salsa and avocado.
- » Carrot and zucchini fritters made with wholemeal or chickpea flour and cooked in a small amount of olive oil. Serve with a dollop of Greek yoghurt.
- » Wholegrain toasted sandwich with cheese, tomato and baby spinach.
- » Carrot cake overnight oats or porridge. Added grated carrot and a sprinkle of cinnamon to traditional or steel cut oats to make porridge or overnight oats.
- » Try Shakshuka, a North African dish of eggs poached in sauce made from simmering tomatoes, onion and capsicum with a mixture of spices such as cumin, paprika and chilli.
- » Make a savoury breakfast bowl by combining wholegrains with roasted or sautéed vegetables, chickpeas or boiled egg, and avocado or hummus.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

A DAY TO REMEMBER

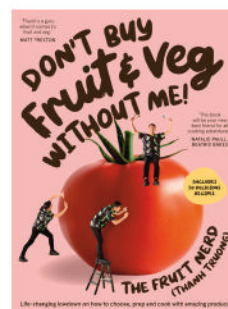
Tuesday, 14 November is World Diabetes Day. Like the last two years, the theme of this year's day is Access to Diabetes Care, with a focus on the prevention of type 2 diabetes and diabetes-related complications. The aim is to highlight the importance of early diagnosis and treatment to prevent or delay potentially serious health outcomes. As the world's largest diabetes awareness campaign, you can learn more about World Diabetes Day – including how to get involved – by visiting **worlddiabetesday.org**.



The Great Aussie Barbecue Cookbook

By Taste.com.au
HarperCollins AU, \$34.99

Just in time for summer, grab yourself a copy of the cookbook that will show you how to steam fish, sear the perfect steak, grill marinated skewers and even char a salad – essentially, if it's any good under the hood, you'll find a recipe for it in this book. Plus, pick up tonguefuls of tips and master rubs, sauces and marinades to help your food sing while you're at it.



Don't Buy Fruit & Veg Without Me!

By Thanh Truong
Plum, \$39.99

Need help picking the perfect avocado? Or how to select and tackle a satisfying pomegranate? Australia's top fruiterer, Thanh Truong – aka 'The Fruit Nerd' – is here to help. Featuring 50 recipes inspired by his family, travels and food-loving friends, this book will help you choose, prep and cook with amazing produce. See our extract on page 118.

Got a few minutes?

New research suggests spending just four or five minutes in total, doing some form of vigorous activity each day, could reduce the overall risk of cancer by up to 18 per cent, and up to 32 per cent for cancer types linked to physical activity. Tracking the daily activity of more than 22,000 'non-exercisers' for nearly seven years, the University of Sydney study found that as few as four to five minutes of what's called vigorous intermittent lifestyle physical activity, or VILPA, was associated with a substantially lower cancer risk. VILPA is very short bursts, around one minute each, of activity that we do with gusto each day, things like vigorous housework, carrying heavy shopping around a grocery store or playing high-energy games with the kids. "We need to further investigate this link through robust trials," says first author of the study, Professor Emmanuel Stamatakis from the University of Sydney's Charles Perkins Centre. "But it appears that VILPA may be a promising cost-free recommendation for lowering cancer risk in people who find structured exercise difficult or unappealing."



59%

How much the risk of developing type 2 diabetes seems to rise if you eat breakfast after 9am compared to before 8am. That's according to a recent study which followed more than 100,000 people. The research team also found that eating dinner after 10pm increased the risk, too. "Our results suggest that a first meal before 8am and a last meal before 7pm may help reduce the incidence of type 2 diabetes," said a co-author of the study.



JUST HOW SMART IS DR GOOGLE?

Even though little more than 20 per cent of us think Google is trustworthy when it comes to health information, one in two of us habitually turn to it at least once a week to ask medical questions or research health-related symptoms. Fresh research conducted by computer scientists has good and less-good news. It found that while Google typically provides the most up-to-date information, query results are typically skewed by service and product providers seeking customers. In contrast, artificial intelligence platforms, like ChatGPT, tend to provide less biased information, but it's often outdated and typically doesn't provide the sources of its information, either.

your healthy life

A new analysis of data from seven different studies has found there's a clear link between the number of alcoholic drinks consumed daily and increases in blood pressure. The research shows that, even in adults without high blood pressure, also known as hypertension, blood pressure readings tend to climb more steeply over the years as the number of daily alcoholic drinks rise. In fact, even low levels of alcohol consumption were associated with increases in blood pressure levels, that may lead to a higher risk of heart-related events, including stroke and heart attack. "Alcohol is certainly not the sole driver of increases in blood pressure," says Professor Marco Vinceti, a senior author of the study from the University of Modena and Reggio Emilia in Italy. "However, our findings confirm it contributes in a meaningful way. Limiting alcohol intake is advised and avoiding it is even better."

RAISING A GLASS REALLY CAN RAISE YOUR BLOOD PRESSURE



IS KOMBUCHA GOOD FOR YOU?

It's the fermented tea drink that's taken the world by storm in the last few years, and a new study suggests it may be beneficial for people living with type 2 diabetes. While more research is required, the study found that when people living with type 2 drank kombucha for four weeks, they had lower fasting blood glucose levels, as a result.

Wondering which type of kombucha to reach for? As long as it's genuinely fermented, it may not matter too much. "Different studies of different brands of kombucha by different manufacturers reveal slightly different microbial mixtures and abundances," says study author Robert Hutkins from the University of Nebraska-Lincoln. "However, the major bacteria and yeasts are highly reproducible and likely to be functionally similar between brands and batches."

How sleep impacts blood glucose control



Researchers have known for a while that a lack of quality sleep can increase the risk of diabetes – and now we're one step closer to understanding why. According to University of California sleep scientists, deep-sleep brain waves at night help to regulate the body's sensitivity to insulin, which improves blood glucose control the following day. "These synchronised brain waves act like a finger that flicks the first domino to start an associated chain reaction from the brain down to the heart and then out to alter the body's regulation of blood sugar," says senior author of the study Matthew Walker, a professor of neuroscience and psychology from UC Berkeley.

It's a promising discovery because sleep is a modifiable lifestyle factor that could one day be used as an additional treatment for people living with high blood glucose or type 2 diabetes. One way to encourage that all-important deep-sleep phase at night? Ditch the junk food in favour of a healthier diet, after another study showed that unhealthy food causes deep sleep to deteriorate. ■

HERE TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...



DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit diabetesaustralia.com.au.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS)

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit ndss.com.au or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to adea.com.au to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to jdrf.org.au to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit footforward.org.au

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit keepsight.org.au

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to mydesmondaustralia.com.au to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit ndis.gov.au or call **1800 800 110** for more information.



MONDAY

Smoky tomato
gazpacho
Recipe, page 19

These vibrant meals are fresh, flavoursome and
on the table in a flash

5 DAYS DINNERS



**HOW OUR
FOOD WORKS
FOR YOU**
see page 92

TUESDAY

Roasted fish with
zingy beetroot salad
Recipe, page 19

WEDNESDAY

LEMON & RISONI CHICKEN

PREP 5 MINS COOK 20 MINS

SERVES 2 (AS A MAIN)

- 2 tsp olive oil
- 1 leek, halved and thinly sliced
- 150g risoni
- 1 bunch asparagus, roughly chopped into 4cm lengths
- 250ml (1 cup) salt-reduced chicken stock
- 150g skinless chicken breast fillet, trimmed of fat
- 2 tbsp light sour cream
- Zest and juice ½ lemon
- 145g (1 cup) frozen peas
- ¼ bunch of chives
- Freshly ground black pepper

1 Heat the oil in a medium non-stick frying pan over medium-high heat. Add the leeks and cook, stirring often, for 5 minutes, adding a splash of boiling water from the kettle halfway through to steam them slightly.

2 Add risoni, asparagus and stock to the pan. Increase heat to high and cook, stirring, for 10 minutes.

3 Meanwhile, preheat a chargrill over medium-high heat. Spray the chicken with cooking spray. Add to the grill and cook for 4 minutes each side or until cooked through. Transfer to a plate and set aside to cool slightly. Shred the chicken.

4 Stir the sour cream, lemon zest and juice, chicken, peas and most of the chives to the pan. Season with pepper. Cook, stirring, over medium heat for 3-4 minutes or until the chicken is warmed through, adding a splash of water to loosen if needed.

5 Divide the lemon risoni chicken between serving bowls. Top with the remaining chives and serve.

NUTRITIONAL INFO

PER SERVE 2330kJ (558Cal), protein 36g, total fat 14g (sat. fat 4g), carbs 64g, fibre 12g, sodium 382mg • Carb exchanges 4 ½
• GI estimate low

THURSDAY

GFO

SAUSAGE & FENNEL ORECCHIETTE

PREP 10 MINS COOK 25 MINS

SERVES 2 (AS A MAIN)

- ½ leek, halved and finely sliced
- ½ small bulb fennel, halved and finely sliced, fronds reserved
- 1 bunch broccolini, larger stalks finely sliced
- 120g orecchiette or any short pasta or gluten-free pasta
- 2 tsp olive oil
- 3 small (120g) pork sausages or gluten-free sausages
- 1 clove garlic, finely chopped
- 1 tsp fennel seeds
- 2 tsp tomato paste
- 1 carrot, grated
- ½ x 400g can no-added-salt chopped tomatoes
- Freshly ground black pepper

1 Bring a medium saucepan of water to the boil over high heat. Reduce heat to medium and add the leek, fennel and broccolini. Simmer for 3 minutes or until the vegetables are tender. Use a slotted spoon to transfer the vegetables to a plate. Add the orecchiette to the pan and cook for 11 minutes, or until tender, but still retaining some bite.

2 Meanwhile, put a medium non-stick frying pan over high heat. Add the oil and squeeze the sausage meat out of the skins, tearing it into small pieces in the pan. Reduce heat to medium and cook, stirring often, for 3-4 minutes or until golden brown and almost cooked. Add the garlic, fennel seeds and paste. Cook, stirring, for 30 seconds.

3 Add the blanched vegetables and grated carrot to the pan. Cook, stirring, for 4 minutes. Add the tomatoes and bring to the boil over high heat. Reduce heat to medium-high heat and simmer for 4 minutes or until reduce lightly.

4 Drain the pasta, reserving a cup of pasta water and return to the pan. Add the sausage and tomato sauce to the pasta, adding a splash of pasta water to loosen. Season with pepper and serve with the reserved fennel fronds scattered over the top.

NUTRITIONAL INFO

PER SERVE 2150kJ (514Cal), **protein** 21g, **total fat** 20g (sat. fat 6g), **carbs** 58g, **fibre** 11g, **sodium** 533mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

FRIDAY

GFO LCO

SALSA VERDE BAKED EGGS

PREP 5 MINS **COOK** 15 MINS

SERVES 2 (AS A MAIN)

- 2½ tbsp olive oil
- ½ tsp smoked paprika
- ½ tsp cumin seeds
- ½ x 400g can cherry tomatoes
- 100g fresh cherry tomatoes
- 1 clove garlic
- ½ bunch flat-leaf parsley
- ½ bunch basil
- ¼ bunch mint, leaves picked
- 1 tbsp drained capers
- ½ tsp Dijon mustard or gluten-free mustard
- 1 tbsp white wine vinegar
- 3 tbsp cold water
- Freshly ground black pepper
- 100g baby spinach leaves
- 4 x 60g eggs
- Pinch chilli flakes, to serve
- 2 Coles Mini White flatbreads (42g each) or gluten-free flatbreads, chargrilled or warmed, to serve

1 Drizzle 1 tbsp oil in a medium non-stick frying pan over medium heat. Add the paprika and cumin. Cook, stirring, for 30 seconds. Add the canned tomatoes and fresh tomatoes and bring to the boil over high heat. Reduce heat to medium and simmer, covered, for 5-6 minutes or until the tomatoes soften.

2 Meanwhile, put the garlic, most of the parsley, the basil, mint, capers, mustard, white wine vinegar, remaining oil and water in a small food processor. Process to a smooth paste. Season with pepper.

3 Stir the spinach into the pan with the tomatoes and cook, stirring, until the spinach wilts (put the lid back on for a few minutes, then stir again to help it wilt).

4 Make four dips in the mixture and gently crack an egg into each one. Cover with a lid and cook over a medium heat for 6-8 minutes, or until the eggs are just set. Uncover the pan, then drizzle over the herby sauce. Scatter over the reserved parsley and chilli flakes, if using. Serve with flatbreads.

LOWER-CARB OPTION

Replace the flatbreads with 2 lower carb wraps such as Helga's Lower Carb Wholemeal Wraps.

NUTRITION INFO

PER SERVE 2390kJ (571Cal), **protein** 26g, **total fat** 39g (sat. fat 9g), **carbs** 24g, **fibre** 9g, **sodium** 639mg
 • Carb exchanges 1½ • GI estimate medium
 • Lower carb

NUTRITIONAL INFO

PER SERVE 2340kJ (560Cal), **protein** 23g, **total fat** 38g (sat. fat 7g), **carbs** 28g, **fibre** 6g, **sodium** 579mg • Carb exchanges 2 • GI estimate medium • Gluten-free option
 • Lower carb option

LC

SMOKY TOMATO GAZPACHO

PREP 10 MINS **COOK** 5 MINS

SERVES 2 (AS A MAIN)

- 1 slice wholemeal bread
- 1 tsp olive oil
- ½ tsp dried oregano
- 300ml water
- 1 clove garlic
- ¼ bunch of basil
- 100g drained roasted red peppers from a jar
- 400g tomatoes, roughly chopped
- 1 tsp caster sugar
- 1 tsp white wine or apple cider vinegar
- 1 tbsp chipotle sauce
- 2 Macro Lower Carb Linseed & Sunflower bread rolls

1 Put the bread in a small food processor and process until it forms large breadcrumbs. Drizzle the oil into a medium non-stick frying pan and heat over high heat. Add the breadcrumbs and oregano and cook, stirring often, for 4-5 minutes or until golden brown. Transfer to a plate and set aside to cool.

2 Meanwhile, put the water, garlic, most of the basil, red peppers, tomatoes, sugar, vinegar and chipotle sauce in a blender. Process on a low speed to start then gradually increase speed to high until you have a smooth gazpacho. Season with pepper. Put in the fridge until ready to serve.

3 Ladle into bowls, sprinkle over the breadcrumbs and scatter over the reserved basil leaves. Serve with the bread rolls.

NUTRITIONAL INFO

PER SERVE 1710kJ (408Cal), **protein** 25g, **total fat** 19g (sat. fat 3g), **carbs** 26g, **fibre** 10g, **sodium** 529mg
• **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GF

LC

ROASTED FISH WITH ZINGY BEETROOT SALAD

PREP 10 MINS **COOK** 20 MINS

SERVES 2 (AS A MAIN)

- 100g Zerella Spud Lite Potatoes, unpeeled, quartered
- 1 tsp olive oil
- 2 x 150g skinless and boneless firm white fish fillets
- 2cm piece of ginger, finely sliced
- ½ lime, sliced

BEETROOT SALAD

- ½ red onion, finely chopped
- 2 carrots, peeled and grated
- 1 large raw beetroot, peeled and grated
- Zest and juice ½ lime
- 1 tsp honey
- ¼ small bunch coriander, leaves picked
- Freshly ground black pepper

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Bring a medium saucepan of water to the boil over high heat. Add the potatoes and reduce heat to medium. Simmer for 10-12 minutes or until tender.

2 Meanwhile, combine all of the salad ingredients in a bowl, reserving a little coriander. Season with pepper.

3 Once the potatoes are cooked, drain and run under cold water to cool. Drain again and toss through the salad.

4 Rub the oil over the fish fillets and place on the lined tray. Lay a few ginger and lime slices on top of each fillet. Bake in the oven for 10-12 minutes, depending on thickness, or until the fish flakes when tested with a fork.

5 Divide the salad between serving plates, then top with the fish and remaining coriander.

NUTRITIONAL INFO

PER SERVE 1270kJ (303Cal), **protein** 33g, **total fat** 6g (sat. fat 1g), **carbs** 23g, **fibre** 9g, **sodium** 246mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

Embrace the bounty of warmer weather with these easy mid-week meals that deliver on health and flavour



LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?
Take inspiration from these tasty tips

FRUIT & VEGETABLES

LEEEKS Thinly slice or chop and use in pasta sauces or soups.

LEMON Squeeze and use in dressings and cut into wedges and serve with pan-fried or chargrilled fish or chicken.

CHIVES, PARSLEY AND BASIL Chop and toss with steamed potatoes, finely grated lemon zest, crushed garlic, a drizzle of olive oil and freshly ground black pepper.

MINT Add mint leaves to crushed ice, diet lemon cordial and top up with chilled soda water.

CORIANDER Finely chop and use in dressings or use whole leaves in salads.

POTATOES Steam, boil or microwave and use to make a herbed potato salad.

GINGER Finely grate to use in dressings or cut into thin sticks and use in stir-fries or soups.

ONION Thinly slice and use in stir-fries, finely chop and use in soups or casseroles.

FENNEL Thinly shave and use in salads or roast with your favourite vegies.

GROCERIES

RISONI Cook and use to make pasta salads or use in soups.

STOCK Use in sauces, soups or freeze in small portions for later use.

RED PEPPERS Thinly slice and use as a pizza topping, in salads or on sandwiches.

CANNED TOMATOES Process until smooth and use to spread over pizza bases.

CHIPOTLE SAUCE Use in dressing and marinades.

CAPERS Finely chop and use in dressings, on pizzas, salads and add a few to a salad sandwich to add a flavour hit.

FLATBREADS Chargrill and serve with your favourite curry or casserole.

TOMATO PASTE Use in soups, stews and casseroles.

ORECCHIETTE Cook and serve with your favourite vegie packed bolognaise recipe. Top with chopped herbs and parmesan shavings.

BREAD Freeze for later use or make yummy vegie packed toasted sandwiches.

FROZEN PEAS Throw a handful of cooked peas next time you are making mashed potato. Use in fried-rice and salads as well.

SOUR CREAM Use in sauces, spoon a little over baked potatoes or use in a potato salad dressing with fat-free mayonnaise, chopped herbs, lemon zest and juice and freshly ground black pepper. ■

SHOPPING LIST

GROCERIES

- ☐ 500g pkt risoni
- ☐ 1L carton salt-reduced chicken stock
- ☐ 1 loaf wholemeal bread
- ☐ 540g jar roasted red peppers in vinegar
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 220g jar chipotle sauce
- ☐ 400g can cherry tomatoes
- ☐ 1 jar capers in vinegar
- ☐ 130g tube tomato paste
- ☐ 500g orecchiette

FRUIT & VEGETABLES

- ☐ 2 leeks
- ☐ 1 bunch asparagus
- ☐ 1 lemon
- ☐ 1 bunch chives
- ☐ 1 bunch basil
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch mint
- ☐ 1 bunch coriander
- ☐ 200g punnet cherry tomatoes
- ☐ 100g baby spinach leaves
- ☐ 1.5kg bag Zerella Spud Lite Potatoes
- ☐ 1 lime
- ☐ 1 piece ginger
- ☐ 1 red onion
- ☐ 3 carrots
- ☐ 1 large beetroot
- ☐ 1 small fennel bulb
- ☐ 1 bunch broccolini

CHILLED (FRIDGE & DELI)

- ☐ 200ml container light sour cream

BAKERY

- ☐ 1 pkt flatbreads
- ☐ 2 Macro Lower Carb Linseed & Sunflower bread rolls

FREEZER

- ☐ 500g pkt frozen peas

MEAT AND POULTRY

- ☐ 3 small (120g) pork sausages

SEAFOOD

- ☐ 2 (150g each) skinless and boneless firm white fish fillets

PANTRY

- ☐ Olive oil
- ☐ Black pepper
- ☐ Dried oregano
- ☐ Smoked paprika
- ☐ Cumin seeds
- ☐ Chilli flakes
- ☐ Fennel seeds
- ☐ 3 cloves garlic
- ☐ Caster sugar
- ☐ Dijon mustard
- ☐ White wine or apple cider vinegar
- ☐ 2 x 60g eggs
- ☐ Honey

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HERB GARDEN

TREAT
YOURSELF
OR SOMEONE
SPECIAL





Celebrate the season with friends and family, and
a selection of deliciously healthy offerings that
make flavour and your health top priority

FAMILY Season

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Save on dollars – not taste! – with our wonderfully wallet-friendly dinner.
Two courses plus sides for just \$15 per person, coming right up!

THE PERFECT Christmas feast

HOW OUR
FOOD WORKS
FOR YOU
see page 92

Turkey & prosciutto
rolls with cranberry
stuffing
Recipe, page 28

NUTRITION INFO FOR FULL MENU

PER SERVE (WITH MINTED
PEAS) 3110kJ (744Cal),
protein 54g, total fat 18g
(sat. fat 6g), carbs 81g, fibre
20g, sodium 847mg • Carb
exchanges 5½ • GI estimate
low • Gluten-free option

DINNER FOR EIGHT

*Turkey & prosciutto rolls
with cranberry stuffing*

*Cranberry & mustard
gravy*

*Sweet potato &
cauliflower bake*

*Minted peas & Brussels
sprouts OR
Roasted vegetable &
ricotta salad*

*Peach, raspberry & lemon
curd Eton mess*

NUTRITION INFO FOR FULL MENU

**PER SERVE (WITH ROASTED
VEG SALAD)** 3220kJ (770Cal),
protein 53g, **total fat** 22g (sat.
fat 6g), **carbs** 80g, **fibre** 19g,
sodium 859mg • **Carb**
exchanges 5½ • **GI estimate**
low • **Gluten-free option**



**Roasted
vegetable &
ricotta salad**
Recipe, page 28

festive

**Sweet potato &
cauliflower bake**
Recipe, page 29

**Minted peas &
Brussels sprouts**
Recipe, page 28

festive

GF LC

ROASTED VEGETABLE & RICOTTA SALAD

PREP 10 MINS COOK 45 MINS

SERVES 8 (AS AN ACCOMPANIMENT)

\$2.20 PER SERVE

2 red capsicums, cut into chunks
2 large zucchinis, cut into chunks
1 eggplant, cut into chunks
2 red onions, cut into thin wedges
2 x 250g punnets cherry tomatoes
2 tbsp extra virgin olive oil
½ head garlic
200g piece fresh low-fat ricotta,
drained overnight on paper towel
1 tbsp balsamic vinegar
Juice of ½ lemon

1 Line 2 large roasting tins with baking paper. Divide the vegetables between the lined trays. Drizzle over the oil and toss to combine. Wrap the garlic in foil and add to one of the tins. Line a small ovenproof dish with baking paper. Add the ricotta and spray with olive oil cooking spray.

2 Roast the vegetables and ricotta for 25-30 minutes or until the vegetables are tender. Remove vegetables from the oven and set aside. Continue to cook the ricotta for a further 15 minutes or until the ricotta is golden brown around the edges. Set aside.

3 To serve, squeeze the garlic into a small bowl. Add the vinegar and lemon juice. Whisk to combine. Drizzle over the vegetables and toss to combine. Transfer to a serving platter, crumble over the ricotta and serve.

NUTRITION INFO

PER SERVE 529kJ (127Cal),
protein 5g, total fat 6g (sat. fat 1g), carbs 10g, fibre 6g, sodium 44mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb

GFO LC

TURKEY & PROSCIUTTO ROLLS WITH CRANBERRY STUFFING

PREP 20 MINS COOK 20 MINS

SERVES 8 (AS PART OF A MAIN)

\$4.70 PER SERVE

8 x 125g turkey breast steaks
(see Cook's tip)
16 very thin slices (100g) prosciutto
2 tsp extra virgin olive oil
Freshly ground black pepper

CRANBERRY STUFFING

1 tsp extra virgin olive oil
2 cloves garlic, finely chopped
2 tbsp shelled unsalted pistachio nuts, finely chopped
135g (1½ cups) fresh breadcrumbs made from sourdough bread or gluten-free bread
2 green shallots, finely chopped
40g (¼ cup) Ocean Spray 50% Less Sugar Craisins, finely chopped
¼ cup finely chopped curly parsley
Finely grated zest of 1 lemon
60g egg, lightly whisked

1 To make the cranberry stuffing, heat the oil in a medium non-stick frying pan over medium heat. Add the garlic and pistachio. Cook, stirring, for 2 minutes. Add the breadcrumbs and cook, stirring, for 2 minutes. Transfer to a bowl. Add the shallot, Craisins, parsley, lemon zest and egg. Mix until well combined. Cover and set aside.

2 Lay 1 steak in between two pieces of plastic wrap. Using a rolling pin or the flat side of a meat mallet, pound until turkey is 2-3mm thick. Transfer to a tray. Repeat with the remaining steaks.

3 Preheat oven to 190°C (fan-forced). Line a large baking tray with baking paper. Lay the turkey steaks out on a clean surface. Divide the stuffing evenly between steaks,

arranging it along a short end. Roll up firmly to enclose filling. Wrap 2 pieces of prosciutto around each roll. Heat half the oil in a large non-stick frying pan over a medium heat. Add 4 turkey rolls and cook for 2-3 minutes, turning occasionally, or until browned. Transfer to the lined tray. Repeat with the remaining oil and turkey rolls.

4 Roast the turkey rolls for 10 minutes, or until just cooked. Set aside to rest for 5 minutes before serving.

NUTRITION INFO

PER SERVE 1170kJ (281Cal),
protein 34g, total fat 10g (sat. fat 3g), carbs 11g, fibre 2g, sodium 603mg • Carb exchanges ½ • GI estimate low • Gluten-free option • Lower carb

GFO LC

MINTED PEAS & BRUSSELS SPROUTS

PREP 15 MINS COOK 20 MINS

SERVES 8 (AS AN ACCOMPANIMENT)

\$1.45 PER SERVE

700g Brussels sprouts, trimmed
2 tsp extra virgin olive oil
3 cloves garlic, very thinly sliced
500g pkt frozen baby peas
4 green shallots, thinly diagonally sliced
2 tbsp salt-reduced chicken stock or gluten-free chicken stock
3 tbsp apple cider vinegar
1 tbsp caster sugar
⅓ cup shredded mint leaves

1 Put the Brussels sprouts in a steamer insert over a saucepan of simmering water. Cover and steam for 5 minutes or until just tender. Set aside to cool slightly. Thickly slice the sprouts lengthways.

2 Heat the oil in a large non-stick frying pan over medium heat. Add garlic and cook, stirring, for

1 minute. Add sliced sprouts and cook, tossing, for 2 minutes. Add peas, shallots and stock. Cook, tossing, for 2 minutes or until the peas are tender.

3 Combine the vinegar and sugar. Add to the vegetable mixture with the mint. Toss to combine. Serve.

NUTRITION INFO

PER SERVE 411kJ (98Cal), **protein** 6g, **total fat** 2g (sat. fat 1g), **carbs** 11g, **fibre** 7g, **sodium** 32mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO

SWEET POTATO & CAULIFLOWER BAKE

PREP 20 MINS **COOK** 50 MINS
SERVES 8 (AS AN ACCOMPANIMENT)
\$1.25 PER SERVE

600g orange sweet potato, cut into 1cm-thick rounds
550g (½) cauliflower, cut into small florets
1 tsp extra virgin olive oil
1 leek, halved lengthways, thinly sliced
2 cloves garlic, crushed
2 tbsp water
30g light margarine
3 tbsp wholemeal plain flour or gluten-free plain flour
500ml (2 cups) skim milk
40g (½ cup) grated reduced-fat cheese
1 slice (30g) sourdough bread or gluten-free bread, processed into crumbs
1 tbsp chopped flat-leaf parsley, to serve

1 Put the sweet potato in a steamer basket insert over a large saucepan of simmering water. Cover and steam for 8-10 minutes or until tender. Transfer to a plate and set aside. Add cauliflower to steamer. Cover and steam for 6-8 minutes or until cauliflower is just tender. Transfer to a plate

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium heat. Add the leek and garlic. Cook, stirring, for 2 minutes. Add the water, cover and cook for 8 minutes, stirring once, or until leek is very tender. Layer the sweet potato, leek and cauliflower in a shallow (5cm deep), 2L (8 cup) ovenproof dish.

3 Preheat oven to 190°C (fan-forced). Melt the margarine in a medium saucepan over medium heat. Remove pan from heat and stir in the flour. Return to heat and cook, stirring, for 1 minute. Remove from heat again and gradually whisk in the milk. Return the pan to a medium heat and cook, stirring, for 6-7 minutes or until the sauce thickens and comes to a simmer. Simmer for 2 minutes.

4 Pour the white sauce over the layered vegetables. Sprinkle with cheese and breadcrumbs. Bake for 25-30 minutes or until the top is golden brown and the vegetables are heated through. Sprinkle with parsley and serve.

NUTRITION INFO

PER SERVE 665kJ (159Cal), **protein** 8g, **total fat** 4g (sat. fat 2g), **carbs** 22g, **fibre** 4g, **sodium** 123mg • **Carb exchanges** 1 ½ • **GI estimate** low • **Gluten-free option**

GFO LC

CRANBERRY & MUSTARD GRAVY

PREP 5 MINS **COOK** 15 MINS
SERVES 8 (AS PART OF A MEAL)
\$0.25C PER SERVE

3 Tbsp Gravox Reduced Salt Traditional Gravy
375ml (1½ cups) boiling water
2 tsp Dijon mustard or gluten-free mustard

2 tbsp cranberry jelly
Freshly ground black pepper

1 Put the gravy powder in a small saucepan and gradually whisk in boiling water. Add the mustard and jelly. Whisk to combine.

2 Bring the mixture to a simmer over medium heat. Cook, stirring occasionally, for 10-15 minutes to allow the gravy to thicken. Season with pepper, stir well and serve.

NUTRITION INFO

PER SERVE 59kJ (14Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 3g, **fibre** 0g, **sodium** 63mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten-free option** • **Lower carb**

COOK'S TIPS

ROASTED VEGETABLE & RICOTTA SALAD

You can serve this salad warm or at room temperature.

TURKEY & PROSCIUTTO ROLLS WITH CRANBERRY STUFFING

If you prefer, you can use chicken instead of turkey. Buy 4 x 300g chicken breast fillets, trimmed of fat. Split each breast in half through the middle and pound until thin.

festive

TOP TIP

MAKE IT AHEAD

Save time and cut down on stress by prepping these three dishes the day before serving

ROASTED VEGETABLE & RICOTTA SALAD

- 1 Store cooled roasted vegetables in an airtight container in the fridge.
- 2 Put baked ricotta on a plate, cover with plastic wrap and keep in the fridge.
- 3 Whisk roasted garlic, vinegar and lemon juice and keep in a small airtight container in the fridge.
- 4 Toss vegetables and dressing together before serving, making sure vegies are at room temperature.

TURKEY & PROSCIUTTO ROLLS WITH CRANBERRY STUFFING

- 1 Pound out turkey, fill, roll and wrap in prosciutto.
- 2 Put on a tray, cover with plastic wrap. Keep in the fridge.
- 3 Remove from fridge 30 minutes before cooking so they can come to room temperature.

SWEET POTATO & CAULIFLOWER BAKE

You can prepare the bake up to the end of step 2 the day before serving. Then on the day simply make the white sauce, pour over with the cheese and breadcrumbs, and bake.

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PEACH, RASPBERRY & LEMON CURD ETON MESS

PREP 10 MINS

SERVES 8 (AS A DESSERT)

\$4.30 PER SERVE

130g (1 cup) frozen raspberries, defrosted, juice reserved
2 tbsp fresh orange juice
4 ripe peaches, cut into thin wedges
2 x 170g tubs Chobani Lemon or Vanilla Yoghurt, whisked until smooth
160g (2/3 cup) Yackandandah Lemon Curd
4 x 125g punnets raspberries
16 (40g) mini meringues or gluten-free meringues
Mint sprigs, to serve
Edible gold leaf, to serve (optional)

1 Put the defrosted raspberries, reserved juice and orange juice in a small food processor. Process until smooth. Set aside.

2 Divide the yoghurt between 8 serving glasses. Drizzle over the berry mixture. Top with peach slices, lemon curd and raspberries. Arrange 2 meringues on top of each. Sprinkle over mint and gold leaf, if using.

NUTRITION INFO

PER SERVE 796kJ (190Cal), protein 6g, total fat 1g (sat. fat 1g), carbs 34g, fibre 6g, sodium 25mg • Carb exchanges 2½ • GI estimate medium • Gluten-free option

MAKE IT SPECIAL

We've used edible gold leaf to add some bling to our gorgeous dessert. If you'd like to do the same, you can buy it online or at good kitchenware stores.

HEALTH TIP

Christmas feasts are often more indulgent than your regular everyday meals. Aim to take a walk with your family and friends before dessert to help break up the meal.



Peach, raspberry & lemon
curd Eton mess
Recipe, opposite

LIFE IS **sweet**

What better way to finish off your festive feast...

from parfaits and puds to tarts and treats,

these easy-makes are simply divine!

Coconut sago
with berries &
meringue

Recipe, page 38

COOK'S TIP

The sugar substitute is not suitable in the meringue part of the recipe.



**HOW OUR
FOOD WORKS
FOR YOU**
see page 92

**Summer berry
pudding**
Recipe, page 38

COOK'S TIP

If you like, you can make this dish with 2 x 450g pkt frozen mixed berries. Simply omit the water.

festive



**Christmas pudding
ice-cream**
Recipe, page 39



Chocolate & caramel tart
Recipe, page 39

COOK'S TIP

If milk or white chocolate is more your cup of tea, you can replace the dark chocolate to drizzle over the top with one of these.



COOK'S TIP

Make the chocolate-dipped cherries up to a day before needed. Once set, cover with plastic wrap and place in the fridge.

Black Forest cake parfaits
Recipe, page 40

COOK'S TIP

Keep the rum balls in the fridge for up to 2 weeks.

You can replace the dried cranberries with dried cherries and the rum with brandy.



Fruity chocolate rum balls
Recipe, page 40



GF

COCONUT SAGO WITH BERRIES & MERINGUE

PREP 20 MINS **COOK** 15 MINS
SERVES 8 (AS A DESSERT)

80g sago
250ml (1 cup) skim milk
250ml (1 cup) light coconut milk
250ml (1 cup) water
2 tbsp caster sugar or granulated sugar substitute
¼ tsp vanilla bean paste
450g mixed frozen berries
Pinch ground cinnamon

MERINGUE

3 eggwhites (from 60g eggs), at room temperature
80g (⅓ cup) caster sugar (see Cook's tip)

1 Put the sago, skim milk, coconut milk, water and sugar in a medium saucepan. Cook, stirring often, over medium heat until the mixture comes to a simmer. Reduce heat to medium-low and simmer, uncovered, stirring occasionally, for 12-15 minutes or until the sago balls are translucent and the mixture thickens. Stir in the vanilla bean paste. Set aside for 5 minutes to cool slightly and then spoon evenly between 8 small heatproof serving glasses/dishes.

2 Put the frozen berries and a pinch of ground cinnamon in a medium saucepan. Cook, stirring occasionally, over medium heat until the berries warm through. Cover and set aside for 10 minutes to allow the berries to soften slightly. Pour the mixture into a shallow dish to cool for 15 minutes. Divide the berry mixture evenly over the sago. Cover and put in the fridge until ready to serve.

3 Preheat oven to 160°C (fan-forced). Remove the dishes from

the fridge 30 minutes before you are ready to finish preparing dessert. Using electric beaters, whisk the eggwhites in a large bowl until soft peaks form. Add the sugar, 1 tablespoon at a time, whisking well between each addition, until the sugar dissolves. Spoon or pipe the meringue evenly over the berry mixture. Place the dishes on a baking tray. Place in the oven for 6-8 minutes or until the meringue is light golden brown on the top. Serve.

NUTRITION INFO

PER SERVE (WITH SUGAR) 599kJ (143Cal), **protein** 2g, **total fat** 2g (sat. fat 2g), **carbs** 28g, **fibre** 2g, **sodium** 26mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**

PER SERVE (WITH SUGAR SUBSTITUTE) 539kJ (129Cal), **protein** 2g, **total fat** 2g (sat. fat 2g), **carbs** 24g, **fibre** 2g, **sodium** 27mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free**

GFO

SUMMER BERRY PUDDING

PREP 15 MINS (+ 30 MINS COOLING & OVERNIGHT CHILLING) **COOK** 10 MINS
SERVES 8 (AS A DESSERT)

2 x 250g pkt strawberries, chopped
2 x 120g punnets raspberries
2 x 120g punnets blueberries
3 tbsp caster sugar or 3 tbsp granulated sugar substitute
1 cinnamon stick, broken in half
60ml (¼ cup) water
10 (200g) slices low GI white bread, crusts cut off or gluten-free bread
500g extra fresh berries, to serve

1 Put the strawberries, raspberries, blueberries, sugar, cinnamon stick and water in a large saucepan. Cook over medium heat, stirring occasionally, until the mixture is

warm. Cover the pan and set aside off the heat for 10 minutes to allow the berries to soften. Pour into a large shallow dish and set aside for 30 minutes to cool.

2 Line a 2L (8-cup) pudding basin with a piece of plastic wrap, allowing the wrap to overhang the sides. Cut a round of bread out of one of the slices to line the base of the basin. Cut some of the slices of bread in half and use the line the sides of the pudding basin, cut some of the bread into pieces to fit in between the bread halves. You want the bread to cover the entire sides of the pudding basin snugly, so just cut the bread to fit accordingly.

3 Spoon in the berries and some of the juices (leaving about 80ml/1/3 cup juices for later). Cut the remaining bread slices to cover the top of the pudding basin and enclose the fruit. Brush the top and side of the bread with a little of the reserved juices. Place a piece of plastic wrap over the top of the bread. Place a small saucer on top of the bread and then place two cans on top to weigh down the pudding. Place on a tray and place in the fridge overnight.

4 To serve, place a serving plate on top of the pudding basin and turn out onto the serving plate (you may have to turn the pudding basin upside down and then leave it for a few minutes to allow the pudding to come out of the basin). Using a pastry brush, brush the remaining reserved juices over the pudding. Cut into pieces and serve with the remaining fresh berries.

NUTRITION INFO

PER SERVE (WITH SUGAR) 629kJ (150Cal), **protein** 3g, **total fat** 2g (sat. fat 0g), **carbs** 26g, **fibre** 7g, **sodium** 101mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

PER SERVE (WITH SUGAR SUBSTITUTE) 540kJ (129Cal), **protein** 3g, **total fat** 2g (sat. fat 0g), **carbs** 21g, **fibre** 7g, **sodium** 102mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

CHRISTMAS PUDDING ICE-CREAM

PREP 15 MINS **SERVES** 12 (AS AN OCCASIONAL DESSERT)

2L container Light Blue Ribbon Ice Cream

175g piece bought Christmas pudding, crumbled
200g fresh berries, to serve

1 Remove the container of ice-cream from the freezer for 10 minutes to allow the ice-cream to soften slightly.

2 Transfer the ice-cream to a large bowl and add the Christmas pudding. Mix with a large metal spoon until the mixture is well combined and is smooth, remembering to work quickly so that the ice-cream doesn't melt.

3 Return the ice-cream to the container and smooth the surface (or you can put it into another container if you like). Cover and freeze for 4 hours, or until frozen. Scoop 2 scoops into each serving bowl, to serve. Top with a few fresh berries, if you like.

NUTRITION INFO

PER SERVE 816kJ (195Cal), **protein** 3g, **total fat** 3g (sat. fat 2g), **carbs** 38g, **fibre** 1g, **sodium** 42mg • **Carb exchanges** 2½ • **GI estimate** low

CHOCOLATE & CARAMEL TART

PREP 20 MINS (+ 10 MINS COOLING)
COOK 55 MINS **SERVES** 12 (AS AN OCCASIONAL DESSERT)

30g Noshu 97% sugar-free dark chocolate chips

CHOCOLATE PASTRY

190g (1¼ cups) plain flour
2½ tbsp icing sugar, sifted or granulated sugar substitute
5 tsp cocoa powder, sifted
75g light margarine
3-4 tbsp iced water

CARAMEL FILLING

1 x 395g can Nestle Caramel Top 'n' Fill
375ml (1½ cups) skim milk
2 x 60g eggs

1 Chocolate pastry: Put the flour, sugar, cocoa powder and margarine in a food processor. Cover and process until fine crumbs form. Add water, 1 tablespoon at a time, processing until the mixture starts to come together to form a dough.

2 Turn the dough out on a lightly floured surface and bring together to form a ball. Press mixture into a disc. Wrap in plastic wrap and place in the fridge for 20 minutes to chill. Roll the pastry out between 2 pieces of baking paper until large enough to line a 3cm deep, 26.5cm (base measurement) loose-bottomed flan tin, about 2mm thick. Line tin, trimming any edges and discarding any remaining pastry. Place the pastry in the fridge for 15 minutes to chill.

3 Preheat oven to 160°C (fan-forced). Line the pastry with a piece of baking paper and fill with baking beans. Place on a baking tray. Bake for 10 minutes. Remove the paper and beans. Reduce the oven temperature to 150°C (fan-forced) and bake pastry shell for a further 10-15 minutes or until the pastry is just cooked. Set aside for 15 minutes to cool.

4 To make the filling: Whisk the top 'n' fill, milk and eggs in a large bowl until well combined. Pour through a sieve into a jug. Place the pastry shell in the oven. Carefully pour the

festive

filling into the pastry shell. Bake for 40-45 minutes or until the filling is just set. Set aside for 2 hours or until cooled completely.

5 Remove the tart from the shell and place on a serving plate. Put the chocolate in a small microwave-safe bowl. Cook on Medium/50% for 1-2 minutes, stirring after every minute, until the chocolate just melts. Stir with a metal spoon until smooth. Spoon the melted chocolate into a small plastic or snaplock bag. Cut a small piece off the corner and drizzle the chocolate over the top of the tart. Set aside for 20-30 minutes to allow the chocolate to set before serving.

NUTRITION INFO

PER SERVE (WITH SUGAR) 945kJ (226Cal), **protein** 6g, **total fat** 6g (sat. fat 3g), **carbs** 34g, **fibre** 1g, **sodium** 79mg • **Carb exchanges** 2½ • **GI estimate** high

PER SERVE (WITH SUGAR SUBSTITUTE) 915kJ (219Cal), **protein** 6g, **total fat** 6g (sat. fat 3g), **carbs** 32g, **fibre** 1g, **sodium** 79mg • **Carb exchanges** 2½ • **GI estimate** high

BLACK FOREST CAKE PARFAITS

PREP 20 MINS (+ 4 HOURS CHILLING AND 30 MINS SETTING)

COOK 10 MINS **SERVES** 6 (AS AN OCCASIONAL DESSERT)

2 x 9g sachets Aeroplane Lite Port Wine jelly
40g white cooking chocolate, chopped
18 fresh cherries, stems intact
3 x 62g tubs Pauls Low Fat Chocolate Mousse

CHOCOLATE SPONGE

2 x 60g eggs, at room temperature
60g (¼ cup) caster sugar
50g (⅓ cup) self-raising flour
1 tbsp cocoa powder

1 Make the jelly following pack instructions. Divide the mixture evenly between 6 serving glasses. Place in the fridge for 3-4 hours or until set.

2 Meanwhile, to make chocolate sponge, preheat oven to 170°C (fan-forced). Spray an 18 x 28cm (base measurement) slice tin with cooking spray. Line base and sides with baking paper.

3 Using electric beaters, whisk eggs and sugar until thick and pale. Sift flour and cocoa over egg mixture. Using a metal spoon, fold in until just combined. Pour mixture into prepared tin and spread evenly with back of a spoon. Bake for 10 minutes or until cooked when tested with a skewer. Set aside in tin for 5 minutes. Transfer to a wire rack to cool.

4 Meanwhile, line a baking tray with baking paper. Put the chocolate in a small microwave bowl. Cook on Medium/50% for 1-2 minutes, stirring after each minute, until chocolate melts. Stir with a metal spoon until smooth.

5 Hold 1 cherry by its stem. Dip half of the cherry into melted chocolate. Put on prepared tray. Repeat with remaining cherries and chocolate. Set aside for 30 minutes to set.

6 Use a 6cm cutter to cut 6 disc shapes from sponge, keeping leftover cake for another use. Arrange 1 disc on top of each jelly in glasses.

7 Put mousse in a large bowl. Whisk gently until just smooth. Spoon

over each cake or transfer to a piping bag fitted with a star-shaped nozzle and pipe over a swirl of mousse. Top each parfait with 3 dipped cherries. Serve.

NUTRITION INFO

PER SERVE 808kJ (193Cal), **protein** 6g, **total fat** 5g (sat. fat 3g), **carbs** 30g, **fibre** 1g, **sodium** 134mg • **Carb exchanges** 2 • **GI estimate** medium

FRUITY CHOCOLATE RUM BALLS

PREP 15 MINS **MAKES** 16
(2 PER SERVE AS A DESSERT)

60g dried apricots
60g dried prunes
30g dried cranberries
8 Milk Arrowroot Biscuits
1 tbsp dark rum
2 tbsp cocoa powder

1 Put the apricots, prunes, cranberries, biscuits and rum in a small food processor. Cover and process until the mixture is finely chopped and well combined.

2 Sift the cocoa powder onto a large plate. Shape teaspoonfuls of the mixture into balls and coat in the cocoa powder.

3 Line an airtight container with greaseproof paper and place the rum balls in the container in a single layer. Keep in the fridge.

NUTRITION INFO

PER SERVE 403kJ (96Cal), **protein** 1g, **total fat** 1g (sat. fat 1g), **carbs** 17g, **fibre** 2g, **sodium** 31mg • **Carb exchanges** 1 • **GI estimate** medium



MINI CHRISTMAS CAKES

PREP 10 MINS **COOK** 45 MINS

MAKES 25 MINI CAKES (AS A SNACK OR DESSERT)

250g mixed dried fruit, finely chopped
50g dried figs, finely chopped
60ml (¼ cup) brandy, warmed
140g tub unsweetened apple pureé
2 x 60g eggs
2 tbsp St Dalfour Four Fruits Jam
80g (½ cup) wholemeal self-raising flour
55g (⅓ cup) wholemeal plain flour
2 tsp mixed spice
100g white fondant icing
Cornflour (optional)

1 Preheat oven to 120°C (fan-forced). Grease a 24-hole (1½ tbsp capacity) mini muffin tin with cooking spray.

2 Put the dried fruit, figs and brandy in a large bowl and stir until well combined. Put the apple pureé, eggs and jam in a small bowl. Whisk to combine.

3 Spoon the mixture evenly between the prepared holes in the pan, smoothing the surface with a knife. Tap the pan on the bench to settle the mixture. Bake for 20 minutes, then cover the pan with foil and bake for a further 10-15 minutes or until a skewer inserted in the middle comes out clean (it will be slightly sticky from the fruit). Set aside in the pan for 10 minutes to

cool slightly, then use a small knife to loosen the edges of the cakes. Transfer to a wire rack to cool.

4 Knead the icing until smooth, using a little cornflour if icing is sticking. Roll out until 2mm-thick. Use a 4.5cm round cutter to cut out 12 rounds from the icing. Use a 2.5cm (top to base) 5-point star cutter, cut out 12 stars from 12 icing rounds. Use a pastry brush dipped in water to wet the back of the icing stars and rounds with a little water and stick onto the cakes. Serve.

NUTRITION INFO

PER SERVE 342kJ (82Cal),
protein 2g, **total fat** 1g (sat. fat 0g),
carbs 16g, **fibre** 2g, **sodium** 33mg
• **Carb exchanges** 1 • **GI estimate** medium



**HOW OUR
FOOD WORKS
FOR YOU**
see page 92

Zucchini
lasagne
Recipe, page 46

**\$4.20
PER
SERVING**

BUDGET FAMILY MEALS

These budget-busting recipes are easy to prepare and guaranteed to keep the whole family happy



\$5.60
PER
SERVING

COOK'S TIP

You can use any dried pasta you have left in the cupboard.



Mushroom, fennel & bacon fusilli Recipe, page 44

budget

GFO LCO

MUSHROOM, FENNEL & BACON FUSILLI

PREP 15 MINS COOK 25 MINS

SERVES 4 (AS A MAIN)

2 tbsp olive oil
2 fennel bulbs, finely sliced
2 brown onions, finely chopped
4 cloves garlic, crushed
2 red chillies, deseeded and finely sliced
1/3 cup tomato paste
200g lean bacon, finely chopped
300g dried fusilli or gluten-free pasta
280g button mushrooms, sliced
Small bunch flat-leaf parsley, roughly chopped, to serve
20g parmesan, grated, to serve

1 Heat the oil in a large non-stick frying pan over medium heat. Add the fennel and onions and cook, stirring often, for 15 minutes or until very soft. Add the garlic and chilli. Cook, stirring, for 1 minute. Add the tomato paste and cook, stirring, for 1 minute. Add the bacon and cook, stirring occasionally, for 5 minutes.

2 Meanwhile, cook the pasta in a large saucepan of boiling water following pack instructions, or until al dente.

3 Add the mushrooms to the frying pan. Stir. Cover and cook for 8 minutes or until the mushrooms soften.

4 Drain the pasta, adding a ladle of the cooking water to the sauce. Tip in the pasta and stir to coat. Scatter over the parsley and parmesan.

NUTRITIONAL INFO

PER SERVE 2130kJ (510Cal), **protein** 26g, **total fat** 15g (sat. fat 4g), **carbs** 61g, **fibre** 9g, **sodium** 893mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the fusilli with 300g Slendier Edamame Fettucine, cooked following packet instructions.

LCO NUTRITIONAL INFO

PER SERVE 1400kJ (334Cal), **protein** 28g, **total fat** 16g (sat. fat 4g), **carbs** 13g, **fibre** 12g, **sodium** 894mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO

CORN & ZUCCHINI FRITTERS

PREP 10 MINS COOK 15 MINS

SERVES 2 (AS A MAIN)

1/2 x 420g can no-added-salt corn kernels, drained and rinsed
2 green shallots, finely chopped
1 small zucchini, coarsely grated
1 tsp smoked paprika
50g (1/3 cup) wholemeal self-raising flour or gluten-free flour
5 x 60g eggs
2 tbsp skim milk
Freshly ground black pepper
1/3 cup sweet chilli sauce or gluten-free chilli sauce
Juice of 1 lime
1 tbsp olive oil
60g mixed salad leaves, to serve

1 Combine the corn, shallots, zucchini, paprika, flour, 1 whisked egg and milk in bowl. Season with pepper. Set aside.

2 Combine the chilli sauce and lime juice in a small bowl. Set aside.

3 Heat the oil in a large non-stick frying pan over medium heat. Spoon in four burger-sized mounds of the fritter mixture, spaced apart (you may need to do this in two batches). Cook for 3 minutes or until golden brown underneath. Turn over and cook for a further 2-3 minutes or until golden brown.

4 Meanwhile, poach the remaining 4 eggs in a large saucepan of simmering water for 2-3 minutes or until cooked and the yolks are runny. Remove with a slotted spoon.

5 Divide the fritters between serving plates. Top each with a poached egg, mixed salad leaves and a drizzle of chilli dressing.

NUTRITIONAL INFO

PER SERVE 2340kJ (560Cal), **protein** 25g, **total fat** 24g (sat. fat 5g), **carbs** 58g, **fibre** 8g, **sodium** 1150mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten-free option**

budget

Corn & zucchini
fritters
Recipe, opposite

\$4.50
PER
SERVING

budget

GFO

ZUCCHINI LASAGNE

PREP 20 MINS **COOK** 1 HOUR 25 MINS

SERVES 6 (AS A MAIN)

8 egg tomatoes, halved
2 cloves garlic, lightly bashed
1 tbsp olive oil
Freshly ground black pepper
1 rosemary sprig
2 tsp caster sugar
2 leeks, sliced into rings
20g light margarine
100g baby spinach leaves
500g zucchini, grated
10 Vetta Smart Fibre Lasagne Sheets
or gluten-free lasagne sheets
250g reduced-fat smooth ricotta
125g mozzarella, torn into pieces
50g (1/3 cup) parmesan, grated

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Put the tomatoes on the lined tray. Drizzle with the garlic, oil, rosemary and freshly ground black pepper. Bake for 25-30 minutes until soft. Discard the rosemary and peel off the garlic skin. Put the tomatoes, garlic and sugar in a blender. Blitz a few times until you have a chunky sauce.

2 Meanwhile, put the leeks in a medium non-stick frying pan over low heat. Add the margarine and season with pepper. Cook, stirring occasionally, for 7-10 minutes or until starts to soften. Add the spinach and zucchini, and cook, covered, for 2 minutes until wilted and soft. Set aside.

3 Layer the ingredients starting with the tomato sauce, then pasta followed by the ricotta and vegetables. Keep layering until you've used up everything. Finish with a final layer of the vegetables, the mozzarella and the parmesan. Bake for 40-45 minutes or until the sauce has reduced and the top is golden brown.

NUTRITIONAL INFO

PER SERVE 1690kJ (404Cal), **protein** 20g, **total fat** 14g (sat. fat 7g), **carbs** 36g, **fibre** 9g, **sodium** 316mg • **Carb exchanges** 2½ • **GI estimate** low
• **Gluten-free option**

GFO

SUMMER FISH STEW

PREP 10 MINS **COOK** 25 MINS

SERVES 4 (AS A MAIN)

4 slices stale wholemeal bread or gluten-free bread, diced
2 tbsp olive oil
1 brown onion, finely chopped
2 cloves garlic, crushed
1 tsp dried chilli flakes
400g can no-added-salt chopped tomatoes
4 x 150g firm white fish fillets
400g can butter beans, drained and rinsed
Small bunch flat-leaf parsley, roughly chopped
1 lemon, cut into wedges

1 Preheat oven to 180°C (fan-forced). Line a large baking tray with baking paper. Place the bread on the lined tray and drizzle over 1 tbsp oil. Bake for 10 minutes or until golden. Set aside.

2 Meanwhile, heat the remaining oil in a large flameproof and ovenproof casserole dish over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion softens. Add the garlic and chilli flakes and cook, stirring, for 1 minute. Stir in the tomatoes and fish fillets. Cover and simmer gently for 10 minutes or until the fish is nearly cooked.

3 Stir the butter beans into the dish. Season well with pepper. Cook, uncovered, stirring for 3-4 minutes or until heated through. Scatter with the croutons and parsley. Serve with the lemon wedges.

NUTRITIONAL INFO

PER SERVE 1750kJ (418Cal), **protein** 39g, **total fat** 15g (sat. fat 3g), **carbs** 27g, **fibre** 10g, **sodium** 472mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

budget

\$8.70
PER
SERVING



Summer fish stew
Recipe, opposite

budget

Sardines & tomatoes on toast

Recipe, page 52

**\$7.00
PER
SERVING**

Sardines are an excellent source of protein, vitamins D and B12, calcium, iron, and omega-3 fatty acids. Keeping a can in the pantry offers a quick and thrifty meal option.

\$2.10
PER
SERVING

**Zucchini & pea
frittata**

Recipe, page 50

RECIPES & PHOTOGRAPH: IMMEDIATE MEDIA;
ADDITIONAL INFORMATION: ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

budget

GF LC

ZUCCHINI & PEA FRITTATA

PREP 5 MINS COOK 15 MINS

SERVES 2 (AS A MAIN)

1 tbsp olive oil
1 zucchini, trimmed, cut into 5mm-thick slices
4 x 60g eggs
Freshly ground black pepper
75g (½ cup) frozen peas
65g (¼ cup) reduced-fat ricotta
SALAD
1 cup baby spinach leaves
100g cherry tomatoes
1 small carrot, grated
1 small Lebanese cucumber, sliced

1 Heat the oil in a small non-stick frying pan (around 20cm). Add the zucchini and cook, stirring often, for 2-3 minutes or until it starts to turn golden. Break the eggs into a bowl and beat with a fork. Season with pepper.

2 Add the peas to the pan, then pour in the eggs and sprinkle with the ricotta. Reduce heat to low and cook for 10 minutes or until the egg has almost set.

3 Meanwhile, preheat grill on high. Toss all the salad ingredients together.

4 Place the pan under the preheated grill. Cook for 2-3 minutes or until the egg has set. Place a cutting board or plate over the pan and flip over. Cut the frittata into wedges and serve warm or leave to cool and serve at room temperature with the salad.

NUTRITIONAL INFO

PER SERVE 1380kJ (330Cal), **protein** 22g, **total fat** 21g (sat. fat 5g), **carbs** 11g, **fibre** 6g, **sodium** 270mg • **Carb exchanges** ½
• **GI estimate** low • **Gluten free** • **Lower carb**

GFO

STICKY CHICKEN DRUMSTICKS & SESAME RICE SALAD

PREP 10 MINS COOK 30 MINS

SERVES 2 (AS AN OCCASIONAL MAIN)

4 small chicken drumsticks
2 tbsp honey, plus extra 1 tsp honey, to serve
1½ tbsp salt-reduced soy sauce
or gluten-free soy sauce
2 tsp olive oil
1 tbsp sesame oil
40g (¼ cup) basmati rice
125ml (½ cup) water
70g kale, chopped
Juice of 2 limes
Freshly ground black pepper
100g radishes, halved
½ tbsp sesame seeds

1 Preheat oven to 180°C (fan-forced). Line a roasting tin with baking paper. Put the drumsticks in the prepared tin. Mix 2 tbsp honey, soy sauce, 1 tsp olive oil and 2 tsp sesame oil in a bowl. Pour over the chicken, making sure each piece is covered. Roast for 25-30 minutes or until the chicken is just cooked.

2 Meanwhile, put the rice in a small saucepan and cover with the water. Cover and bring to the boil over medium heat. Reduce heat to low and cook, covered, for 8-10 minutes or until tender.

3 Massage the kale with the remaining olive oil for 5 minutes or until softening (this makes it less chewy). Drizzle over the lime juice, 1 tsp sesame oil and extra honey. Season with pepper. Add the radishes and set aside.

4 Heat the remaining sesame oil in a large non-stick frying pan over high heat. Add the rice and cook, tossing often, for 3-4 minutes or until the rice is dried out. Add the rice to the kale and toss to combine.

5 Serve the drumsticks with the salad and scatter over the sesame seeds.

NUTRITIONAL INFO

PER SERVE 2650kJ (634Cal), **protein** 39g, **total fat** 34g (sat. fat 8g), **carbs** 42g, **fibre** 4g, **sodium** 728mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

budget

Sticky chicken
drumsticks & sesame
rice salad
Recipe, opposite

\$3.90
PER
SERVING

budget

GFO

SARDINES & TOMATOES ON TOAST

PREP 10 MINS

SERVES 1 (AS A MAIN)

- 2 slices wholemeal sourdough bread, or gluten-free bread, toasted
- 1 large clove garlic, halved
- 110g can sardines in olive oil
- 130g cherry tomatoes, halved
- Handful of watercress or baby spinach leaves
- Freshly ground black pepper
- 1 tbsp chopped flat-leaf parsley, roughly chopped
- ½ lemon, to serve (optional)

- 1 Rub each piece of toast with the garlic.
- 2 Combine the sardines and their oil with the tomatoes and watercress. Season with pepper.
- 3 Sit half the mixture on each slice of toast, piled high. Scatter over the parsley and squeeze over the lemon, if you like.

NUTRITIONAL INFO

PER SERVE 1900kJ (455Cal), **protein** 30g, **total fat** 13g (sat. fat 3g), **carbs** 49g, **fibre** 5g, **sodium** 675mg • **Carb exchanges** 3½ • **GI estimate** low
• **Gluten-free option**

GF LCO

PEANUT BUTTER CHICKEN

PREP 10 MINS **COOK** 40 MINS

SERVES 6 (AS A MAIN)

- 2 tbsp olive oil
- 800g skinless and boneless chicken breast fillet, trimmed of fat, cut into chunks
- 1 clove garlic, crushed
- 2 red chillies, finely sliced (deseeded if you don't like it too hot)
- 2 tsp grated ginger
- 2 tsp garam masala
- 100g no-added-salt & sugar smooth peanut butter
- 400ml can light coconut milk
- 400g can no-added-salt chopped tomatoes
- 1 small bunch coriander, ½ roughly chopped, ½ leaves picked
- 30g (½ cup) unsalted roasted peanuts, to serve
- 200g (1 cup) basmati rice, cooked following packet instructions, to serve

- 1 Heat half the oil in a deep non-stick frying pan over medium heat. Add half the chicken and cook for 2-3 minutes each side or until browned. Transfer to a plate. Repeat with the remaining oil and chicken. Remove all the chicken from the pan.
- 2 Heat the remaining oil in the frying pan over medium heat. Add the garlic, chillies and ginger. Cook, stirring, for 1 minute. Add the garam masala and cook, stirring, for 1 minute.
- 3 Stir the peanut butter, coconut milk and tomatoes into the pan. Bring to a simmer over medium heat. Return the chicken to the pan and add the chopped coriander. Simmer for 15-20 minutes or until the sauce thickens and the chicken is cooked through.
- 4 Serve the chicken topped with the remaining coriander leaves, roasted peanuts and serve with the rice.

NUTRITIONAL INFO

PER SERVE 2180kJ (522Cal), **protein** 39g, **total fat** 25g (sat. fat 8g), **carbs** 34g, **fibre** 4g, **sodium** 75mg
• **Carb exchanges** 2½ • **GI estimate** medium
• **Gluten free**

budget

LOWER-CARB OPTION

Replace the rice with 6 cups steamed cauliflower rice.

LCO NUTRITIONAL INFO

PER SERVE 1790kJ (428Cal),
protein 39g, **total fat** 25g (sat. fat
8g), **carbs** 11g, **fibre** 5g, **sodium**
121mg • **Carb exchanges** ½
• **GI estimate** low • **Gluten free**
• **Lower carb**

\$2.80
PER
SERVING

Peanut butter chicken
Recipe, opposite

GF

CHILLI & AVOCADO SALSA SWEET POTATOES

PREP 15 MINS COOK 45 MINS

SERVES 2 (AS A MAIN)

- 4 x 200g orange sweet potato
- 1 tbsp olive oil
- 1 brown onion, finely chopped
- 2 cloves garlic, crushed
- 1 tsp paprika
- 400g can no-added-salt chopped tomatoes
- Freshly ground black pepper
- 420g can no-added-salt four bean mix, drained and rinsed
- 150g drained roasted red peppers in vinegar, sliced
- 2 tbsp Chobani coconut yoghurt, per person, to serve (optional)

SALSA

- 1 small avocado, chopped
- 1 red chilli, finely chopped
- ½ small bunch coriander, roughly chopped

1 Preheat oven to 180°C (fan-forced). Use a fork to prick the sweet potatoes. Place on a baking tray and bake for 40-45 minutes, or until tender and cooked.

2 Meanwhile, heat the oil in a medium deep non-stick frying pan over medium heat. Add the onion and cook, stirring often, for 10 minutes or until the onion softens. Add the garlic and paprika. Cook, stirring, for 1 minute. Add the tomatoes and bring to a gentle simmer. Season with pepper. Simmer, stirring occasionally, for 10 minutes.

3 To make the salsa, combine the avocado, chilli and coriander in a small bowl.

4 Pour the mixed beans into the frying pan with the peppers. Stir over low heat for 5 minutes or until warmed through.

5 Cut each sweet potato lengthways, without cutting all the way through and split open. Ladle over the chilli and top with a spoonful of salsa.

NUTRITIONAL INFO

PER SERVE 1560kJ (373Cal), **protein** 11g, **total fat** 9g (sat. fat 2g), **carbs** 54g, **fibre** 15g, **sodium** 146mg

• **Carb exchanges** 3½ • **GI estimate** low • **Gluten free**



budget

\$3.00
PER
SERVING

**Chilli & avocado salsa
sweet potatoes**
Recipe, opposite



DIABETES ESSENTIALS

Rainbow salad with
roast pork
Recipe, page 60





HOW OUR
FOOD WORKS
FOR YOU
see page 92

These delicious, healthy meals come straight from *The Australian Women's Weekly* new Diabetes cookbook, with all recipes triple-tested in their famous Test Kitchen.

LC

CHICKEN TIKKA MASALA SALAD POCKETS

PREP + COOK TIME 20 MINUTES
SERVES 4 (AS A LIGHT MEAL)

- 1 large red onion (300g)
- 1 tsp extra virgin olive oil
- 400g chicken breast fillets, cut into 2cm cubes
- 1½ tbsp tikka masala paste
- ⅓ cup (80ml) canned light coconut milk
- 2 wholemeal pitta pockets (100g), halved
- ⅓ cup (95g) low-fat natural Greek yoghurt
- 1 tbsp finely chopped coriander leaves and stems, plus extra small leaves to serve
- 30g baby spinach leaves
- 1 medium tomato (150g), sliced thinly
- 75g paneer cheese, crumbled
- 1 Lebanese cucumber (130g), chopped finely

1 Slice 2 rounds from the centre of the red onion; chop remaining onion coarsely.

2 Heat oil in a medium non-stick frying pan over medium heat; cook chicken, stirring, for 3 minutes or until just brown. Add tikka masala paste and chopped onion; cook, stirring, for 2 minutes. Add coconut milk; simmer for 3 minutes, stirring occasionally, until the chicken is cooked through (mixture should still be saucy).

3 Spread inside of pitta pockets with combined yoghurt and chopped coriander. Top with spinach, sliced onion, tomato, chicken mixture, paneer and cucumber. Sprinkle with extra coriander leaves to serve.

NUTRITIONAL INFO

PER SERVE 1310kJ (314Cal),
protein 31g, **total fat** 10g (sat. fat 5g), **carbs** 21g, **fibre** 6g, **sodium** 373mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**





Grilled beef, pear,
rocket & avocado
salad

Recipe, page 60

COOK'S TIP

Quinoa should be washed before cooking as it has a bitter coating; rinse under running water until the water runs clear.

SWAP Use white or tri-coloured quinoa instead of red quinoa.

book extract

LC RAINBOW SALAD WITH ROAST PORK

PREP + COOK TIME 45 MINUTES

SERVES 4 (AS A MAIN MEAL)

500g pork fillets
2 tsp extra virgin olive oil
1 medium head broccoli (350g), separated into florets
60g baby spinach leaves
1 cup mint leaves
9 red radishes (315g), trimmed, shaved
1 medium fennel (300g), trimmed, shaved
1 medium orange carrot (120g), grated coarsely
1 medium purple carrot (120g), grated coarsely
2 slices wholemeal sourdough bread (70g), halved

PEANUT & TAHINI DRESSING

1/3 cup (95g) natural crunchy peanut butter
2 tbsp tahini
1 tbsp apple cider vinegar
1 small clove garlic
2 tbsp natural Greek yoghurt

- 1 Preheat oven to 200°C. Line a large baking tray with baking paper.
- 2 Rub pork with oil; season with pepper. Place on lined tray, roast for 25 minutes or until just cooked through. Cover loosely with foil; set aside to rest.
- 3 Meanwhile, make peanut and tahini dressing: Blend or process all ingredients and 1/2 cup (125ml) water until well combined; season with pepper.
- 4 Process broccoli in a food processor until coarsely chopped.
- 5 Thinly slice pork, transfer to a medium bowl and toss through 2 tbsp dressing. Add spinach, mint, radish, fennel, carrot, broccoli and remaining dressing to bowl; toss to combine. Serve with bread.

NUTRITIONAL INFO

PER SERVE 2050kJ (490Cal), **protein** 45g, **total fat** 23g (sat. fat 4g), **carbs** 19g, **fibre** 12g, **sodium** 355mg • **Carb exchanges** 1 1/2 • **GI estimate** low • **Lower carb**

COOK'S TIP

Use a mandoline to shave the fennel and radish. If not eating salad straight away, or if transporting to work or a picnic, layer ingredients in 4 x 2 1/2-cup (625ml) capacity jars with fitted lids. Cover and chill until required. Toss with remaining dressing just before serving.

LC GRILLED BEEF, PEAR, ROCKET & AVOCADO SALAD

PREP + COOK TIME 40 MINUTES

SERVES 4 (AS A MAIN MEAL)

1/3 cup (65g) red quinoa, rinsed well (see tip)
1 small corella pear (100g), cored, cut into 8 wedges
olive oil spray
4 x 100g beef fillet steaks
2 bunches rocket (250g), washed, trimmed
1 small avocado (200g), sliced

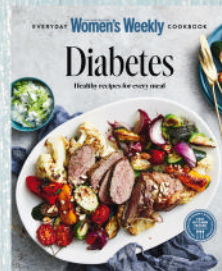
HERB DIJON DRESSING

1/4 cup (60ml) extra virgin olive oil
2 tbsp white wine vinegar
3 tsp Dijon mustard
2 tbsp chopped tarragon
2 tbsp dill sprigs
2 tbsp mint leaves

- 1 Place quinoa and 2/3 cup (160ml) water in a small saucepan over high heat; bring to the boil. Reduce heat to low; cook, covered, for 10 minutes or until all liquid is absorbed. Fluff with a fork.
- 2 Meanwhile, heat a grill plate (or grill pan) over medium-high heat. Spray pear slices with oil; cook pear for 1 minute each side or until grill marks appear. Transfer to a plate.
- 3 Spray steaks with oil; cook on hot grill plate for 3 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover loosely with foil; rest for 10 minutes, then cut into thick slices across the grain.
- 4 Meanwhile, make herb Dijon dressing: Process ingredients with 1 tbsp water until smooth; season to taste with pepper.
- 5 Place quinoa, rocket, steak, pear and avocado on a platter or divide among four plates. Drizzle with dressing to serve.

NUTRITIONAL INFO

PER SERVE 1830kJ (437Cal), **protein** 28g, **total fat** 28g (sat. fat 5g), **carbs** 14g, **fibre** 8g, **sodium** 179mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**



Diabetes by The Australian Women's Weekly
Published by Are Media,
RRP \$14.99. Available from
selected newsagents,
supermarkets and
aremediabooks.com.au.

3 ways with **TURMERIC**

Warming, bright and a bridge between other spices, ground turmeric is an accessible ingredient ready to bring your dishes to life.

**HOW OUR
FOOD WORKS
FOR YOU**
see page 92

Golden milk
bircher
Recipe, page 62

GOLDEN MILK BIRCHER

PREP 10 MINS (+ 1 HOUR OR OVERNIGHT RESTING)

SERVES 4 (AS A BREAKFAST)

- 100g rolled oats
- 40g chia seeds
- 1 tbsp ground turmeric
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- ¼ tsp freshly ground black pepper
- ¼ tsp ground cardamom
- 400ml almond or milk of your choice
- 170g tub Chobani coconut yoghurt
- 1 tbsp sugar-free maple syrup, plus 4 tsp extra, to drizzle
- 2 Golden Delicious apples, 1 cored and grated with the peel left on, 1 cut into batons
- 1½ tbsp toasted coconut flakes
- 2 tbsp pomegranate seeds

1 Combine the oats, chia seeds, turmeric, ginger, cinnamon, pepper and cardamom in a large bowl. Stir in the milk, ¼ cup yoghurt, the grated apple and 1 tbsp maple syrup. Set aside for at least 1 hour or overnight.

2 Divide the bircher between serving bowls. Top with the extra yoghurt, a scattering of coconut flakes, the apple batons, the remaining maple syrup and some pomegranate seeds.

NUTRITION INFO

PER SERVE 1150kJ (276Cal),
protein 10g, **total fat** 10g (sat. fat 2g), **carbs** 32g, **fibre** 11g, **sodium** 89mg • **Carb exchanges** 2
• **GI estimate** low

COOK'S TIP

You can replace the ground turmeric with 1 tsp of finely grated fresh turmeric – wear gloves when preparing to avoid staining your fingers.

GF

TURMERIC FRIED EGGS

PREP 20 MINS **COOK** 5 MINS

SERVES 2 (AS A BREAKFAST)

- 2 tbsp tahini
- 1 tbsp honey
- 1 tsp harissa paste
- 2 tbsp hot water
- Zest of 1 lemon
- 3 tbsp fresh lemon juice
- 2 tbsp olive oil
- Freshly ground black pepper
- 1 clove garlic, grated
- 70g kale, tough stems removed, chopped
- 420g can no-added-salt chickpeas, drained and rinsed
- 1 marinated drained chargrilled red pepper, cut into strips
- Small handful flat-leaf parsley, roughly chopped, plus extra, to serve
- ½ tsp ground turmeric
- Pinch chilli flakes

1 Whisk the tahini, honey, harissa, water, 1 tbsp lemon juice and 2 tsp olive oil in a small bowl. Season with pepper. Whisk well.

2 Whisk the remaining lemon juice, zest and garlic in a large bowl. Drizzle in 1 tbsp of oil, whisking as you go, until emulsified. Add the kale and toss in the dressing, massaging with your hands for 2 minutes to soften the leaves. Add the chickpeas, pepper and parsley. Season with pepper and toss to combine.

3 Drizzle the remaining 2 tsp oil in a large non-stick frying pan over medium-high heat. Add the turmeric and chilli flakes, briefly whisking together, then leave for 30 seconds or until fragrant. Once hot and sizzling, gently crack in the eggs, trying to keep them separate. Cook for 2-3 minutes, carefully and occasionally spooning the oil onto

spotlight

Turmeric fried eggs Recipe, opposite



the whites, until the yolks are soft and the whites are crispy. Remove the pan from the heat.

4 Divide the kale salad between two serving bowls, top with the fried eggs and drizzle with the tahini sauce. Sprinkle with the extra parsley.

NUTRITION INFO

PER SERVE 2220kJ (531Cal), **protein** 15g, **total fat** 33g (sat. fat 6g), **carbs** 37g, **fibre** 12g, **sodium** 242mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

GFO

MASALA FRENCH TOAST WITH CORIANDER CHUTNEY

PREP 30 MINS **COOK** 15 MINS

SERVES 2 (AS AN OCCASIONAL BREAKFAST)

- 5 x 60g eggs
- 100ml skim milk
- ½ tsp ground turmeric
- ¼ tsp cumin seeds
- 3 tbsp finely chopped red onion
- 1 red chilli, deseeded and finely chopped
- 1 tbsp coriander leaves, finely chopped, plus extra, to serve
- 30g light margarine
- 1½ tsp olive oil
- 4 slices stale thick white high-fibre, low GI toast bread or gluten-free bread
- 1 red chilli, sliced, to serve

CORIANDER CHUTNEY

- ⅔ cup coriander, leaves and stems
- ¼ cup mint leaves
- 1 green chilli, deseeded and roughly chopped
- 2cm piece ginger, peeled and chopped
- 2 green shallots, trimmed and roughly chopped
- 1 clove garlic, chopped
- Juice of half a lime
- 2 tsp brown sugar
- 3 tbsp water
- Freshly ground black pepper

1 Put all the chutney ingredients into a small food processor and process until combined and smooth. Season with pepper. Pour the chutney into a bowl and set aside.

2 Whisk the eggs and milk in a large bowl until combined. Add the turmeric, cumin, onion, chilli and coriander. Whisk to combine. Season with pepper and whisk again. Transfer to a shallow dish large enough to fit the bread.

3 Add one slice of bread to the eggy mixture and leave to soak for a minute, before turning over and soaking for a further minute, making sure some of the onion, chilli, coriander and seeds are stuck to the bread. Put 10g margarine and ½ tsp of oil in a large non-stick frying pan over medium-high heat. Once the margarine has melted, swirl the pan so the base is coated.

4 Preheat oven to 80°C (fan-forced). Lift the soaked bread out with the chopped pieces on the top, allowing any excess liquid to drip off, and transfer to the pan. Cook for 60-90 seconds or until a golden brown lacy pattern forms underneath. Flip over and cook for a further 60-90 seconds or until the pattern forms again, reducing the heat if browning too quickly.

5 Fit a wire rack into a baking tray and lay the cooked toast on top. Transfer to the oven to keep warm. Wipe the frying pan clean with paper towel and add 10g margarine and ½ tsp oil over a medium heat to melt. Meanwhile, soak the other pieces of bread. Repeat the cooking process with the soaked bread, margarine and oil.

6 Serve the French toast immediately with the coriander chutney, sliced chilli and extra coriander leaves.

NUTRITION INFO

PER SERVE 2500kJ (598Cal), **protein** 31g, **total fat** 28g (sat. fat 6g), **carbs** 51g, **fibre** 12g, **sodium** 737mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**



Turmeric is rich in a phenolic compound called curcumin, which has potent anti-inflammatory and antioxidant properties. Adding turmeric to your cooking as part of a balanced and diverse diet can be a powerful way to support your health.

single serve

HOW OUR
FOOD WORKS
FOR YOU
see page 92



Spicy asparagus &
chorizo baked egg
Recipe, page 68



Dining alone tonight? There's no
reason it shouldn't still be special!
Look out for number one and treat
yourself to one of these delicious meals.

COOKING FOR ONE

GFO LCO

SPICY ASPARAGUS & CHORIZO BAKED EGG

PREP 5 MINS COOK 20 MINS

SERVES 1 (AS A MAIN)

¾ bunch asparagus, woody ends trimmed, cut into 3cm pieces
20g diced chorizo or gluten-free chorizo
½ tsp smoked paprika
75g frozen spinach
1 tbsp light sour cream
Freshly ground black pepper
1 x 60g egg
1 (76g) roti or gluten-free flat bread, heated following packet instructions, to serve

1 Heat a small frying pan over medium heat. Add the asparagus pieces and chorizo. Cook, stirring, for 8 minutes. Add the paprika and cook, stirring, for 1 minute.

2 Add the spinach to the pan and cook, stirring occasionally, for 5 minutes or until it wilts. Stir in the sour cream. Season with pepper.

3 Make a well in the middle of the mixture and crack the egg into it. Cover the pan and cook for 5-6 minutes or until the egg is just set. Serve with roti.

NUTRITION INFO

PER SERVE 1900kJ (455Cal), **protein** 25g, **total fat** 20g (sat. fat 6g), **carbs** 37g, **fibre** 14g, **sodium** 652mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION

Replace the flatbread with a low carb wrap such as Simson's Pantry Low Carb Super Grains Wrap.

LCO NUTRITION INFO

PER SERVE 1380kJ (330Cal), **protein** 24g, **total fat** 17g (sat. fat 7g), **carbs** 12g, **fibre** 15g, **sodium** 530mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

GFO

SEARED TUNA WITH PONZU DRESSING & NOODLES

PREP 10 MINS COOK 15 MINS

SERVES 1 (AS A MAIN)

2 tsp salt-reduced soy sauce or gluten-free soy sauce
1 tsp mirin
Juice of 1 large lime
1½ tsp sesame oil
1 x 100g tuna steak
Freshly ground black pepper
1 tsp sesame seeds
50g nest rice vermicelli
1 tsp rice vinegar
1 small red chilli, deseeded and finely chopped
¼ Lebanese cucumber, deseeded and sliced
Bunch of coriander, chopped

1 To make the ponzu dressing, put the soy sauce, mirin and half the lime juice in a small saucepan. Cook, stirring, over low heat for 5 minutes or until the sauce thickens. Set aside to cool.

2 Brush 1 tsp sesame oil over the tuna steak. Season with pepper and scatter over the sesame seeds. Set aside while you prepare the noodles.

3 Put the noodles in a small heatproof bowl. Pour over boiling water and set aside to soak for 5 minutes or until tender. Drain and rinse under cold water. Drain and set aside.

4 Put the vinegar, chilli, remaining lime juice and remaining sesame oil in a medium bowl. Whisk to combine. Add the drained noodles and cucumber. Toss to combine.

5 Heat a chargrill pan on high. Add the tuna and cook for 15-30 seconds on each side, or longer if you like.

6 Add the coriander to the noodles and toss to combine. Place the noodles on a serving plate. Top with the tuna and drizzle over the ponzu dressing.

NUTRITION INFO

PER SERVE 1810kJ (433Cal), **protein** 30g, **total fat** 10g (sat. fat 2g), **carbs** 48g, **fibre** 7g, **sodium** 442mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

single serve

Seared tuna with ponzu
dressing & noodles
Recipe, opposite



single serve



**Lemon & garlic trout
parcels with asparagus**
Recipe, page 72

Crab, chilli & herb
omelette
Recipe, page 74



single serve

GF LC

LEMON & GARLIC TROUT PARCELS WITH ASPARAGUS

PREP 5 MINS COOK 20 MINS

SERVES 1 (AS A MAIN)

½ bunch asparagus, woody ends trimmed

1 x 140g fillet skinless trout

Freshly ground black pepper

2 tsp margarine

½ clove garlic, crushed

Zest and juice ½ lemon, plus an extra slice,
to serve

1 tbsp chopped flat-leaf parsley

1 small carrot, sliced, steamed, to serve

60g green beans, steamed, to serve

1 Lay a piece of baking paper over a piece of foil on a clean surface. Put the asparagus in the middle. Put the trout fillet on top and season with pepper.

2 Use a fork to mash the margarine, garlic, lemon zest and parsley in a small bowl. Season with pepper. Spoon onto the fish, add a slice of lemon and a squeeze of juice, and wrap the parcel up tightly.

3 Put the parcel in a steamer and cook for 12-15 minutes or until the fish is cooked through.

NUTRITION INFO

PER SERVE 1370kJ (328Cal), protein 32g, total fat 16g (sat. fat 5g), carbs 9g, fibre 8g, sodium 179mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb

GFO LCO

MUSHROOM & BLUE CHEESE MELTS

PREP 5 MINS COOK 20 MINS

SERVES 1 (AS A MAIN)

1 small red onion, cut into wedges

1 tsp olive oil

2 tbsp balsamic vinegar

2 flat mushrooms

1 tsp thyme leaves

Freshly ground black pepper

25g blue cheese

1 ciabatta bread roll or gluten-free roll

Handful of rocket leaves

30g 97% fat-free oven chips, cooked
following pkt directions, to serve

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper.

2 Combine the onion, oil and vinegar in a small bowl. Spread over the lined tray. Put the mushrooms on top, stem-side up, and scatter over the thyme. Season with pepper. Cook in the oven for 15 minutes, until starting to soften and caramelise.

3 Crumble the cheese into the cavity of the mushrooms and cook for 5 minutes more or until the cheese is melted and bubbling.

4 Halve the ciabatta roll and lightly toast. Top with a handful of rocket, the sticky onions and the cheese-topped mushrooms. Serve with oven chips.

NUTRITION INFO

PER SERVE 2550kJ (610Cal), protein 22g, total fat 20g (sat. fat 7g), carbs 60g, fibre 10g, sodium 703mg • Carb exchanges 4 • GI estimate medium • Gluten-free option

**Mushroom & blue
cheese melts**
Recipe, opposite



LOWER-CARB OPTION

Omit the oven fries and replace the ciabatta roll with a low carb roll such as Macro Lower Carb Linseed & Sunflower bread rolls.

LCO NUTRITION INFO

PER SERVE 2100kJ (502Cal), **protein** 33g,
total fat 29g (sat. fat 8g), **carbs** 15g, **fibre**
12g, **sodium** 557mg • **Carb exchanges** 1
• **GI estimate** low • **Lower carb**

single serve



CRAB, CHILLI & HERB OMELETTE

PREP 5 MINS COOK 15 MINS

SERVES 1 (AS A LIGHT MEAL)

100g white crabmeat
½ small red chilli, deseeded, finely chopped
1 tbsp each chopped coriander,
dill and chives
1 tbsp light sour cream
Freshly ground black pepper
2 x 60g eggs
1 tsp olive oil
2 tsp chilli sauce or gluten-free chilli sauce,
to serve
HERB SALAD
1 cup mixed salad leaves
¼ cup mixed herbs
8 snow peas, diagonally sliced

1 Combine the crab, chilli, herbs and sour cream in a bowl. Season with pepper. Toss to combine.

2 Crack the eggs into a bowl and whisk to combine. Heat the oil in a small non-stick frying pan over medium heat. Pour in the eggs, making a thin omelette. Cook for 2 minutes or until just set.

3 When the omelette is just set, tip the crab mixture in, fold in half, and warm through for a minute. Season with pepper.

4 To make the salad, toss all the ingredients together.

5 Serve with the herb salad and chilli sauce.

NUTRITION INFO

PER SERVE 1540kJ (368Cal), **protein** 38g, **total fat** 20g (sat. fat 6g), **carbs** 6g, **fibre** 4g, **sodium** 807mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

STICKY PANEER MANGO NAANS WITH HERBY YOGHURT

PREP 20 MINS COOK 5 MINS

SERVES 1 (AS A MAIN)

1 tbsp mango chutney
1 tsp Madras curry paste
Juice of 1 lime
100g paneer, cut into cubes
95g (1 cup) red cabbage, finely shredded
1 carrot, shredded
70g (⅓ cup) low-fat natural yoghurt
Handful each of coriander and mint, leaves
picked and finely chopped
Handful mint leaves, to serve
¼ small clove garlic, crushed
1 small (48g) naan

1 Combine the mango chutney, curry paste and a squeeze of lime juice in a bowl. Add the paneer and toss to coat, being careful not to break the pieces up. Set aside to soak up the flavours.

2 Combine the cabbage and carrot with the remaining lime juice. Preheat grill on high. Line a baking tray with baking paper. Put the paneer on the lined tray. Spoon over any mango curry sauce left in the bowl.

3 Combine the yoghurt, coriander, mint and garlic in a small bowl or whizz in a small food processor.

4 Cook the paneer under the grill for 5 minutes until starting to char at the edges, and warm the naan on the shelf below.

5 To serve, spread the herby yoghurt over the naan. Top with the salad, paneer and the whole mint leaves.

NUTRITION INFO

PER SERVE 2280kJ (545Cal), **protein** 27g, **total fat** 22g (sat. fat 11g), **carbs** 54g, **fibre** 15g, **sodium** 924mg • **Carb exchanges** 3½ • **GI estimate** medium



**Sticky paneer mango naans
with herby yoghurt**
Recipe, opposite

snacks

**HOW OUR
FOOD WORKS
FOR YOU**
see page 92

Quick, tasty and a little bit different, these air-fryer pasta chips will fill that gap between meals

SNACK ATTACK

AIR-FRYER PASTA CHIPS

PREP 5 MINS **COOK** 20 MINS

SERVES 6 (AS A SNACK)

200g small wholemeal pasta shapes, such as farfalle
2 tbsp extra virgin olive oil
2 tsp smoked paprika
1 tsp ground cumin
Large pinch dried oregano
1 tsp onion granules
1/3 cup bought tomato salsa, to serve

1 Cook the pasta following packet instructions. Drain and transfer to a large bowl.

2 Add the oil, paprika, cumin, oregano and onion to the pasta. Season with pepper. Toss until the pasta is well coated.

3 Set the air fryer to 180°C (fan-forced). Add the pasta to the basket and cook for 15-20 minutes,

shaking the basket every 5 minutes, or until the pasta is crisp and golden. Serve the pasta chips with the tomato salsa

NUTRITIONAL INFO

PER SERVE 770kJ (184Cal), **protein** 5g, **total fat** 7g (sat. fat 1g), **carbs** 25g, **fibre** 2g, **sodium** 94mg • **Carb exchanges** 1½ • **GI estimate** low

3 ways with **Beef**

Aside from being a rich source of iron, beef is a versatile protein choice, as shown by these three very different recipes!

LOWER-CARB OPTION

Instead of serving on a bed of rice, serve chilli con carne mixture as a burrito, using 4 Simson's Pantry Low Carb Keto Wraps.

Healthy chilli con carne Recipe, page 78

HOW OUR
FOOD WORKS
FOR YOU
see page 92

LCO NUTRITIONAL INFO

PER SERVE 1950kJ (467Cal), **protein** 41g, **total fat** 21g (sat. fat 6g), **carbs** 20g, **fibre** 16g, **sodium** 317mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GF LCO

HEALTHY CHILLI CON CARNE

PREP 10 MINS COOK 2 HOURS 15 MINS**SERVES 4 (AS A MAIN)**

1½ tbsp olive oil
 500g chuck steak, excess fat removed, finely chopped
 1 brown onion, finely chopped
 2 cloves garlic, finely chopped
 1½ tsp ground cumin
 1-2 tbsp chipotle sauce (depending on how spicy you like it)
 420g can no-added-salt kidney beans, drained and rinsed
 400g can no-added-salt chopped tomatoes
 Zest of lime, cut into wedges
 ¼ bunch coriander, leaves only
 110g (½ cup) Doongara Low Gi White Rice, cooked following packet directions, to serve

1 Heat 1 tablespoon of the oil in a large heavy-based saucepan over medium-high heat. Add the beef and cook, turning often, for 3-4 minutes or until well browned. Use a slotted spoon to transfer to a bowl.

2 Heat the remaining oil in the pan over medium heat. Add the onion and cook, stirring occasionally, for 6-7 minutes or until it starts to soften. Add the garlic, cumin and chipotle sauce. Cook, stirring, for 1 minute.

3 Add the canned tomatoes to the pan. Fill up the tomato can with water and add to the pan. Stir. Return the meat to the pan. Cover and bring to a simmer over high heat. Reduce heat to medium and cook, covered, for 2 hours or until the beef is tender.

4 Stir in the kidney beans and lime zest. Season with pepper. Stir. Sprinkle with the coriander and serve with the lime wedges and rice.

NUTRITIONAL INFO

PER SERVE 1930kJ (462Cal), **protein** 34g, **total fat** 17g (sat. fat 5g), **carbs** 39g, **fibre** 8g, **sodium** 146mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

COOK'S TIP

If you prefer, you can cook the recipe in a heavy based stoveproof and ovenproof casserole dish. Once the dish has come to a simmer in step 3, transfer to the oven and bake at 140°C (fan-forced) for 3 hours or until the beef is tender.

GFO LC

BEEF STROGANOFF

PREP 10 MINS COOK 35 MINS**SERVES 4 (AS A MAIN)**

1 tbsp olive oil
 1 brown onion, sliced
 1 clove garlic, crushed
 1 tbsp light margarine
 250g mushrooms, sliced
 Freshly ground black pepper
 1 tbsp plain flour or gluten-free flour
 500g beef fillet steak, trimmed of fat, sliced
 150g light sour cream
 1 tsp English mustard or gluten-free mustard
 100ml salt-reduced beef stock or gluten-free stock
 ½ small bunch flat leaf parsley, chopped
 200g fresh pappardelle or gluten-free pasta or 150g (2/3 cup) Doongara Low Gi White Rice, cooked following packet instructions, to serve

1 Heat 2 teaspoons of the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 15 minutes, adding a little splash of water if it starts to stick, until the onions are very soft.

2 Add the garlic and cook, stirring, for 1 minute. Stir in the margarine. Once the margarine is foaming add the mushrooms and cook, stirring often, for 5 minutes or until the mushrooms soften completely. Season with pepper. Spoon onto a serving plate.

3 Put the flour into a bowl and season with pepper. Add the steak and toss to combine. Heat the remaining oil in the frying pan over medium-high heat. Add the steak and cook, tossing often, for 1-2 minutes or until the steak is almost cooked.

4 Return the onion and mushrooms to the pan. Whisk the sour cream, mustard and stock together and stir into the pan. Cook, stirring, over medium heat for 2-3 minutes or until heated through.

5 Sprinkle the parsley over the stroganoff and serve over the pasta.

NUTRITIONAL INFO

PER SERVE (WITH PASTA) 2000kJ (478Cal), **protein** 37g, **total fat** 21g (sat. fat 9g), **carbs** 32g, **fibre** 4g, **sodium** 200mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

PER SERVE (WITH RICE) 1990kJ (476Cal), **protein** 34g, **total fat** 21g (sat. fat 9g), **carbs** 34g, **fibre** 3g, **sodium** 197mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**



Beef stroganoff
Recipe, opposite

LOWER-CARB OPTION

Replace the pappardelle/rice with 200g Slendier Soy Bean Fettucine, cooking following packet instructions.

LCO NUTRITIONAL INFO

PER SERVE 1690kJ (405Cal), **protein** 39g, **total fat** 22g (sat. fat 9g), **carbs** 8g, **fibre** 6g, **sodium** 200mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



BARBECUE BEEF BURGERS

PREP 10 MINS (+ 30 MINS CHILLING)

SERVES 4 (AS A MAIN)

400g extra lean beef mince
1 eschalot, finely chopped
1 tbsp horseradish sauce
1 tsp dried mixed herbs
1 large clove garlic, finely grated
Freshly ground black pepper
40g blue cheese, cut into 4 pieces
2 tsp olive oil
4 burger buns or gluten-free buns, split
4 iceberg leaves, 8 tomato slices and 4 tsp
bought tomato relish, to serve

1 Put the beef mince, eschalot, horseradish sauce, herbs and garlic in a bowl. Season well with pepper. Use clean hands to mix until well combined.

2 Divide the mixture into four portions and shape each into a 3cm-thick patty. Press a small piece of blue cheese into the middle of each patty, and pack the meat around it to enclose the cheese – this will melt during cooking.

3 Put the burgers on a plate, cover and put in the fridge for at least 30 minutes or overnight to chill.

4 Preheat a barbecue grill or chargrill on medium. Lightly spray the burger patties all over with cooking spray and cook for 5 minutes or until just starting to char. Carefully flip the burgers over and cook for a further 4-5 minutes (for medium) or longer if you prefer well done. Transfer the burgers to a plate, cover loosely with foil and set aside to rest for 2-3 minutes.

5 Serve the burgers in the buns with lettuce, tomato slices and relish.

NUTRITIONAL INFO

PER SERVE 1810kJ (433Cal), **protein** 33g, **total fat** 14g (sat. fat 5g), **carbs** 43g, **fibre** 3g, **sodium** 615mg • **Carb exchanges** 3 • **GI estimate** medium

LOWER-CARB OPTION

Replace the burger buns with 4 Macro Lower Carb Linseed & Sunflower Bread Rolls.

LCO NUTRITIONAL INFO

PER SERVE 2030kJ (485Cal), **protein** 47g, **total fat** 26g (sat. fat 7g), **carbs** 9g, **fibre** 7g, **sodium** 548mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**



COOK'S TIP

Alternatively, fry the burgers in a large non-stick frying pan over medium heat for 4-5 minutes on each side until cooked through.

HOW TO COOK THE perfect steak

Raise the stakes in your barbecuing skills with our expert tips

BEFORE YOU BEGIN

- Buy steaks that have a fairly consistent thickness – wedged-shaped pieces don't cook as evenly.
- Take the meat out of the fridge 15-20 minutes before you want to cook it. This gives it time to come to room temperature and to cook evenly.
- Oil the meat, not the barbecue. This prevents the steak from sticking and your barbecue from smoking.

NUTRITION INFO

(based on beef eye fillet steak)
PER SERVE 125g 850kJ (203Cal),
protein 31g, **total fat** 9g (sat. fat 2g), **carbs** 0g, **fibre** 0g, **sodium** 47mg • **Carb exchanges** 0
• **GI estimate** N/A • **Gluten free**
• **Lower carb**

FOLLOW THESE STEPS



STEP 1 Preheat your barbecue grill, chargrill plate or frying pan to high. Trim any excess fat from the meat (our recipes are based on a 125g steak with 1.5cm thickness). Season all over with freshly ground black pepper and spray or rub with olive oil.



STEP 2 Put steak on grill and reduce heat to medium-high. Cook for 2 minutes.



STEP 3 Turn meat over and cook for a further 2 minutes for medium. Transfer to a plate and cover loosely with foil for 2 minutes to rest. This allows the juices in the meat to settle and will give you a tender and juicy result.

THE TOUCH TEST

Ever wondered how the top chefs cook their steaks to order, every time? Experience aside, there is a simple way to get it right – and it's all done with touch. Here's our easy guide to cooking rare, medium-rare, medium and well done.

RARE



Touch the tips of your left thumb and left index finger together and press your right thumb to the ball of your left thumb. It should give and not be firm.

MEDIUM-RARE



Touch the tips of your left thumb and left middle finger together and press your right thumb to the ball of your left thumb. It should feel firmer and less giving.

MEDIUM



Touch the tips of your left thumb and left ring finger together and press your right thumb to the ball of your left thumb. It should give a little and feel firm.

WELL DONE



Touch the tips of your left thumb and little finger together and press your right thumb to the ball of your left thumb. It should feel very firm.

breakfast



HOW OUR
FOOD WORKS
FOR YOU
see page 92

GOOD START

NUTTY GRANOLA

PREP 10 MINS (+ COOLING)

COOK 15 MINS

SERVES 6 (AS A BREAKFAST)

75g mixed nuts (like almonds, cashews and brazil nuts are good)
90g (1 cup) rolled oats
2 tbsp pumpkin seeds
5 tbsp sunflower seeds
2 tbsp olive oil
1 tsp ground cinnamon
2 tbsp honey
½ cup diet vanilla yoghurt, per serve
3 small bananas, sliced, to serve
200g blueberries, to serve

1 Preheat oven to 170°C (fan-forced). Line a baking tray with baking paper.

2 Put the nuts, oats, pumpkin seeds and sunflower seeds in a bowl. Toss to combine. Add the oil and cinnamon. Toss to combine. Spread the mixture out over the lined tray.

3 Drizzle the honey over the nut mixture. Bake for 10-12 minutes until golden. Set aside to cool on the tray. Serve with yoghurt and fruit.

NUTRITIONAL INFO

PER SERVE 1530kJ (366Cal), **protein** 12g, **total fat** 18g (sat. fat 3g), **carbs** 35g, **fibre** 5g, **sodium** 70mg • **Carb exchanges** 2½ • **GI estimate** low

COOK'S TIP

Once cooled, leftover granola can be stored in an airtight jar or container for up to a month.

GFO LC

SOFT-BOILED EGGS WITH PANCETTA-WRAPPED SOLDIERS

PREP 5 MINS **COOK** 10 MINS

SERVES 2 (AS A BREAKFAST)

6 thin slices pancetta
2 x 32g slices wholemeal sourdough bread or gluten-free bread, cut into 6 thick soldiers
2 x 60g eggs

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.

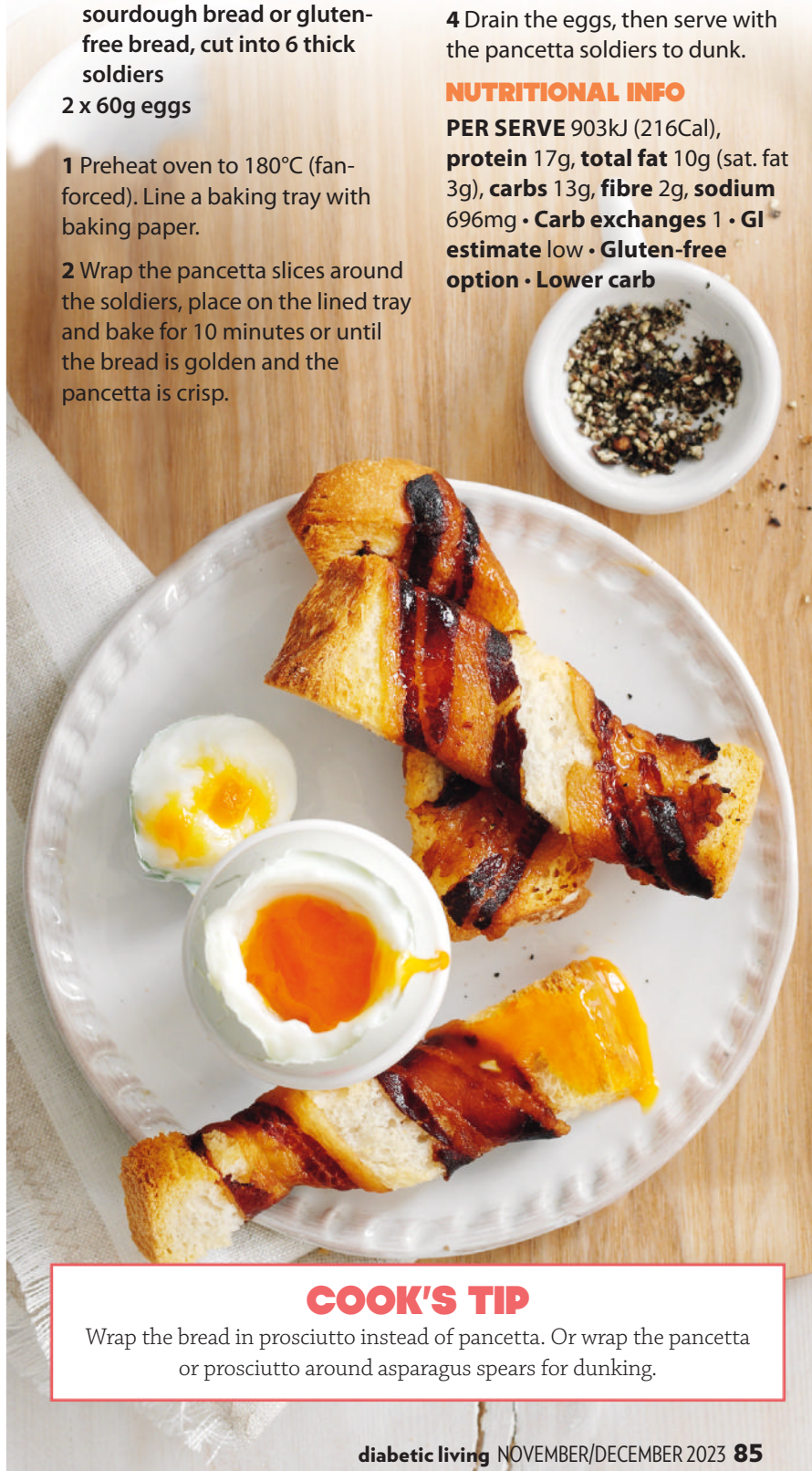
2 Wrap the pancetta slices around the soldiers, place on the lined tray and bake for 10 minutes or until the bread is golden and the pancetta is crisp.

3 Meanwhile, add the eggs to a small saucepan of boiling water. Cook for 4½ minutes, for a soft-boiled egg.

4 Drain the eggs, then serve with the pancetta soldiers to dunk.

NUTRITIONAL INFO

PER SERVE 903kJ (216Cal), **protein** 17g, **total fat** 10g (sat. fat 3g), **carbs** 13g, **fibre** 2g, **sodium** 696mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**



COOK'S TIP

Wrap the bread in prosciutto instead of pancetta. Or wrap the pancetta or prosciutto around asparagus spears for dunking.

GFO LC

GREEN SHALLOT & POTATO CAKES WITH SMOKED SALMON

PREP 20 MINS **COOK** 30 MINS
SERVES 2 (AS A BREAKFAST)

400g Zerella Spud Lite Potatoes,

peeled and cut into chunks

Freshly ground black pepper

4 green shallots, finely sliced

1 tbsp plain flour or gluten free flour

Zest and juice ½ lemon, plus lemon wedges, to serve

2 tbsp light sour cream

Handful flat-leaf parsley, finely chopped

1 tbsp hot horseradish or horseradish sauce

200g salt-reduced smoked salmon

1 Cook the potatoes in a large saucepan of boiling water for 8-10 minutes or until tender. Mash until smooth. Season with black pepper. Stir in the green shallots. Cool, then shape into 8 cakes.

2 Place the flour on a large plate. Season with pepper. Add the potato cakes and turn to coat in the flour. Spray a large non-stick frying pan with olive oil cooking spray. Add the potato cakes and cook for 4 minutes each side or until golden brown.

3 Combine the lemon zest and juice, sour cream, parsley and horseradish in a small bowl. Season with pepper.

4 Divide the potato cakes between serving plates. Top with the smoked salmon. Drizzle over the dressing. Serve with the lemon wedges.

NUTRITIONAL INFO

PER SERVE 1700kJ (407Cal),
protein 27g, **total fat** 19g (sat. fat 6g), **carbs** 25g, **fibre** 4g, **sodium** 536mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**



BREAKFAST MUFFINS

PREP 15 MINS **COOK** 30 MINS
MAKES 12 (2 PER SERVE; AS A BREAKFAST)

2 x 60g eggs
 150g low-fat natural yoghurt
 2½ tbsp olive oil
 100g unsweetened apple puree
 1 ripe banana, mashed
 ⅓ cup honey
 1 tsp vanilla extract
 200g wholemeal flour
 45g (½ cup) rolled oats, plus 2 tbsp extra, for sprinkling
 1½ tsp baking powder
 1½ tsp bicarbonate soda
 1½ tsp ground cinnamon
 100g blueberries
 2 tbsp mixed seeds (pumpkin, sunflower and flaxseeds)

1 Preheat oven to 160°C (fan-forced). Line a 12-hole (80ml/⅓ cup) muffin tin with 12 large muffin cases.

2 Put the eggs, yoghurt, oil, apple puree, banana, honey and vanilla in a large bowl. Whisk to combine. Add the flour, ½ cup oats, baking powder, bicarbonate of soda, cinnamon and blueberries. Mix to combine.

3 Add the wet ingredients to the dry and mix until just combined (don't overmix or the muffins will become heavy). Divide the batter evenly between the cases. Sprinkle the muffins with the extra oats and the seeds.

4 Bake muffins for 25-30 minutes or until golden and well risen and a skewer inserted in the centre of the muffin comes out clean. Transfer muffins to a wire rack and set aside to cool.

NUTRITIONAL INFO

PER SERVE 1550kJ (370Cal),
protein 11g, **total fat** 13g (sat. fat 2g), **carbs** 49g, **fibre** 7g, **sodium** 446mg • **Carb exchanges** 3½
 • **GI estimate** medium

COOK'S TIP

Store muffins in an airtight container in the fridge for up to 3 days. These muffins are made healthier with mashed banana and apple sauce for natural sweetness, plus blueberries and seeds for an extra nutritious hit



COOK, eAT, eNJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

10 WAYS TO ADD MORE PLANTS TO YOUR DIET

Top cereal or porridge with mixed nuts and seeds

Garnish meals with fresh herbs

Add chopped veg, such as onions, carrots and celery, to the base for sauces for pies and pasta

Use hummus instead of mayo in sandwiches and wraps

Choose a smoothie over juice for an afternoon pick me up

Toss frozen vegetables into stews, soups and curries

Bulk out dishes like chilli, cottage pie and spaghetti bolognaise with beans and lentils

Have fun with spices; experiment by adding chilli, turmeric, paprika and cumin to your meals

Serve your favourite pasta sauce with zucchini spirals instead of your regular pasta

Spread toast with almond, peanut or other nut butter instead of the usual dairy option



SECOND SNACK

GF

Score ½ small mango cheek and drizzle with 1 tbsp low-fat Greek yoghurt, 1 tbsp chopped unsalted shelled pistachio nuts, a drizzle of honey and a pinch of ground cardamom. Serves 1.

PER SERVE 693kJ (166Cal), **protein** 4g, **total fat** 6g (sat. fat 1g), **carbs** 24g, **fibre** 3g, **sodium** 25mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**



SUPERMARKET CRUSH

Vogel's Granola

Following a growing demand for lower-carb breakfast solutions, Vogel's launched their lower-carb granola range. Available in two tasty flavours, including Apple Crumble & Cinnamon and Raspberry, Blueberry & Almond. They contain at least 70% less carbohydrates than standard granolas. **RRP \$9.50. Available at selected Woolworths stores.**

QUICK & EASY SALAD LUNCHES

LC ASIAN-STYLE TOFU SALAD

Shred 1 head baby bok choy and toss with 1 cup mixed salad leaves, ¼ red capsicum, ½ cup coriander leaves, ½ cup beansprouts. Pan-fry 100g Asian-style marinated tofu in 1 tsp olive oil. Add to salad. Sprinkle with 1 tbsp roughly chopped unsalted peanuts.

Serves 1 (as a light meal)
PER SERVE 1420kJ (340Cal), **protein** 22g, **total fat** 22g (sat. fat 3g), **carbs** 11g, **fibre** 9g, **sodium** 400mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

GF LC SMOKED SALMON, POTATO & ASPARAGUS SALAD

Microwave or steam 100g halved and unpeeled baby Zerella Spud Lite Potatoes and 1 bunch asparagus, sliced into 4cm lengths. Toss the potatoes, asparagus, 1 cup baby spinach leaves, ½ small avocado and 50g salt-reduced smoked salmon. Drizzle over 1 tbsp whisked low-fat Greek yoghurt, a squeeze of lemon juice and freshly ground black pepper.

Serves 1 (as a light meal)
PER SERVE 1180kJ (282Cal), **protein** 20g, **total fat** 13g (sat. fat 3g), **carbs** 13g, **fibre** 11g, **sodium** 248mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free** • **Lower carb**

MEXICAN-STYLE CHICKEN SALAD

Toss ½ x 340g pkt Woolworths Mexican Style Salad Kit (including half the dressing) with ⅓ cup drained no added salt red kidney beans, ¼ cup drained no added salt corn kernels, ¼ red capsicum and 60g skinless and boneless shredded chicken breast.

Serves 1 (as a light meal)
PER SERVE 1340kJ (321Cal), **protein** 37g, **total fat** 17g (sat. fat 7g), **carbs** 41g, **fibre** 9g, **sodium** 381mg • **Carb exchanges** 2½ • **GI estimate** low

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day,		
Breakfast	Soft-boiled eggs with pancetta-wrapped soldiers (p 85)	Golden milk bircher (p 62)	Breakfast muffins (p 87)
Snack	1 piece of fresh fruit	2 Vita-weets topped with 20g reduced-fat cheese & sliced tomato	1 cup fresh fruit salad
Lunch	1 sushi hand roll with a small side of sashimi and edamame	Make work lunches simple but nutritious, by throwing together a delicious wholegrain wrap or sandwich with: One carb option: 2 slices of rye sourdough or multigrain bread or 1 wholegrain wrap Plenty of veg: add at least 1 cup of vegetables – rocket, baby spinach, red onion, tomato, grated carrot, sliced cucumber, beetroot, etc	
Optional snack	30g unsalted nuts	1 cup fresh fruit salad	170g tub Chobani yoghurt
Dinner	Beef stroganoff (p 78) Pictured above	Smoky tomato gazpacho (p 19) Pictured above	Roasted fish with zingy beetroot salad (p 19) Pictured above
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to		
Optional dessert	½ cup warm berries with ½ cup diet vanilla yoghurt	120ml Twisted frozen yoghurt	Fruity chocolate rum balls (p 40)
Exercise	Aim for 20-60 minutes of moderate exercise each day.		

it's easy!

4 TIPS TO LOWERING THE GI OF YOUR MEAL

Eating a low glycemic index (GI) diet is recommended to help manage your blood glucose levels (BGLs). But that does not mean every food you eat must be low GI. There are many healthy high GI foods that can be included in your daily eating plan. And here are 4 tips to help lower the glycemic response to high GI foods:

COMBINE WITH PROTEIN AND HEALTHY FATS

– Pairing your carbs with lean proteins (chicken, fish, meat, tofu) and healthy fats (olive oil, nuts, seeds, avocado) will help slow digestion resulting in a slower release of glucose into the bloodstream.

ADD FIBRE – Vegetables are an excellent source of soluble and insoluble fibre, and they are an important component to any plate. Fibre-rich vegetables can also contribute to slowing digestion, helping to prevent spikes in your BGLs.

ADD VINEGAR OR LEMON JUICE TO YOUR MEALS

– The acidic nature of these foods helps to slow the rate of digestion and absorption of glucose. Some studies also suggest that these foods may improve insulin sensitivity.

COOK AND COOL YOUR CARBS

– Allowing high GI carbs, such as rice or potato, to cool after cooking will significantly change the starch composition and increase the resistant starch content. Resistant starch has various health benefits, including improved blood glucose management and also promoting a healthy gut.

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
Turmeric fried eggs (p 62)	Breakfast muffins (p 87)	Nutty granola (p 85)
30g unsalted nuts	1 cup vegie sticks with 1/3 cup Tzatziki	170g tub Chobani yoghurt
Lean protein: choose either 1-2 hard boiled egg, a 95g tin of tuna or salmon, 40g reduced fat cheese, ½ cup ricotta or cottage cheese, 50g sliced skinless grilled chicken or turkey breast Good fat: spread bread/wrap with hummus, tahini or avocado		Crab, chilli & herb omelette (p 74)
1 piece of fresh fruit	1 small apple sliced & spread with 2 tsp light peanut butter	1 cup fresh fruit salad
Sausage & fennel orecchiette (p 17)	Salsa verde baked eggs (p 18) Pictured above	Peanut butter chicken (p 52) Pictured above
have a couple of alcohol-free days a week.		
Coconut sago with berries & meringue (p 38) Pictured above	1 cup fresh fruit salad	Summer berry pudding (p 38)
Always discuss your exercise plans with your doctor first.		

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

NUTRITIONAL INFO

PER SERVE 1560kJ (373Cal),
protein 11g, **total fat** 9g (sat. fat 2g), **carbs** 54g, **fibre** 15g,
sodium 146mg
• **Carb exchanges** 3½
• **GI estimate** low
• **Gluten free**

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Chilli & avocado salsa
sweet potatoes
Recipe, page 54

Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

living

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

well



PHOTOGRAPHY GETTY IMAGES

*“Summer afternoon.
To me those have always been
the two most beautiful words in
the English language.”* Henry James



Living with diabetes can be challenging. As a result, some people feel distressed, which may include feeling frustrated, worried, overwhelmed, guilty, or upset. If you feel like this, you are not alone. The good news is that there are many things that you can do to help in managing diabetes distress.

DL Magazine diabetes educator, Dr Kate Marsh explains.

DIABETES distress

WHAT IS DIABETES DISTRESS?

Diabetes distress is the term used to describe the emotional distress related to living with and managing diabetes. It encompasses the emotional and psychological challenges that come with managing the condition and affects people with all types of diabetes. Diabetes distress is not the same as clinical depression or anxiety. Instead, it is unique to the difficulties experienced by those living with diabetes. However, some people may experience diabetes distress alongside other mental health conditions, such as depression and anxiety.

Diabetes distress is common, although this varies across different populations. A meta-analysis study in people with type 2 diabetes found that around 36% experienced significant diabetes distress. Studies in individuals with type 1 diabetes have estimated that between 20 and 40% experience elevated or severe diabetes distress.

Diabetes distress has been found to be more common in women, younger people, those who are more recently diagnosed with diabetes, individuals who don't have a good social network and social support system and those from non-Caucasian and ethnic minority groups. ➤

Research into what causes diabetes distress is lacking. However, the demands and challenges of living with diabetes are likely a major contributor. Interactions with healthcare professionals and an individual's social world (including friends, family and wider social networks and social media) also play a part.

Contributors to diabetes distress can vary between those with type 1 and type 2 diabetes, but some factors identified in the research include:

】 **Physician distress** Disappointment with current healthcare professionals and feeling they don't get the help and support they need.

】 **Family/friend distress** From feeling that family and friends don't appreciate the difficulties of living with diabetes to being concerned that loved ones put too much focus on diabetes.

】 **Diabetes management distress** Being disappointed with one's own self-care efforts in managing diabetes.

】 **Emotional distress** Feeling overwhelmed by the demands of living with diabetes.



WHAT CAUSES DIABETES DISTRESS?



】 **Negative social perceptions** Concerns about the possible negative judgements of others.

】 **Powerlessness** An overall sense of feeling discouraged about diabetes.

】 **Hypoglycaemia distress** Concerns about severe hypoglycaemic events, mainly in those with type 1 diabetes.

While diabetes distress can occur at any time, it may be more likely to occur at certain times, including:

- 】 when you are first diagnosed with diabetes
- 】 when you develop a diabetes complication or another health problem
- 】 when you are making changes to your diabetes management (such as changing or starting a new medication)
- 】 when you are changing the health professionals who support you in managing your diabetes
- 】 when you are experiencing other stressful events in your life

At these times, it's even more important to be aware of the risk of diabetes distress and reach out for help when you need it.

SIGNS OF DIABETES DISTRESS

The signs of diabetes distress can vary from one person to the next but might include feeling:

- overwhelmed by living with and managing diabetes
- worried about your risk of long-term complications
- frustrated that the management of your diabetes is unpredictable
- guilty that your diabetes management isn't better
- concerned that you are not managing your diabetes well
- isolated or lacking support and feeling others don't understand your diabetes

While these feelings are common in people living with diabetes, they can also occur in parents of children with diabetes, particularly parents who are required to take on the

responsibility of their young child's diabetes management.

If diabetes distress isn't recognised and addressed, it can lead to burnout, where someone feels a sense of helplessness and begins to take less care in managing their diabetes. Studies have consistently found that diabetes distress is associated with lower levels of self-care.

There is increasing recognition of the importance of assessing diabetes distress as part of usual diabetes care. It has been suggested that this should be included in annual screening along with other diabetes health checks. However, this still isn't

commonly done, so if you are experiencing diabetes distress, talk to your doctor or other diabetes health professionals. You might also ask your doctor for referral to a psychologist, particularly one with an understanding of the challenges of living with diabetes.

You could also consider completing the Diabetes Distress Scale available on the Diabetes Distress Assessment and Resource Centre website. Answering these questions can help you understand your level of distress, the areas of your diabetes management you are most distressed about, and what kind of further action you might want to take.



FOR MORE INFORMATION GO TO
diabetesdistress.org/learn-about-dd

STRATEGIES TO HELP WITH MANAGING DIABETES DISTRESS

If you're struggling with diabetes distress, it's important to know that you are not alone. Getting the right help and support is essential. Following are a few things you can do:

SET REALISTIC EXPECTATIONS.

Managing diabetes is a careful balancing act between food, activity levels, medication or insulin and many other factors that can affect blood glucose levels, some of which we have little control over, such as stress, illness and changing hormone levels. It's almost impossible to get it right all the time. So if you are working hard to manage your diabetes, but blood glucose levels don't always do what you expect, understand that this is just part of having diabetes. Know that you are doing your best and that sometimes your levels will be out of range for no apparent reason.

DON'T JUDGE BY THE NUMBERS.

Your blood glucose meter or continuous glucose monitor is a tool to help in managing your diabetes, not a judge of your actions. As discussed above, sometimes your levels will be out of range, and that's okay. Use the feedback to determine what you might do differently next time, but don't beat yourself up when you see numbers outside of your target range.

MIND YOUR LANGUAGE.

Consider the language you use when talking about your diabetes, whether to others or in your own head. For example, talk about 'checking' or 'monitoring' your blood glucose levels, not 'testing' (which implies you are being judged





Pick a few small actions that feel achievable and develop a plan to add others once you've developed a habit.



on the result), and 'everyday' and 'special occasion' foods rather than 'good' or 'bad'. In their position statement, *A new language for diabetes: Improving communications with and about people with diabetes*, Diabetes Australia discuss the power of language and how it should be used to engage and support daily self-care and not to de-motivate or induce fear, guilt or distress.

IDENTIFY PROBLEM AREAS.

Think about which aspects of your diabetes management are causing you the most difficulties or distress and get some help with tackling these. For example, if you are doing okay with taking your medication but are struggling to make healthy food choices, make an appointment to see a dietitian who can work with you to develop a realistic eating plan to meet your needs and goals. If exercise is a challenge, perhaps you can enlist the help of a friend or partner to join you for a walk a few mornings per week, or consider seeing an exercise physiologist who can help you develop an individualised exercise program. Or, if monitoring your blood glucose levels regularly is difficult, speak to your diabetes educator about what you're finding difficult and the options that might help to make this easier.

DEVELOP A STEP-BY-STEP PLAN.

If diabetes management is feeling overwhelming, don't try to do everything at once and instead start small. Pick a few small actions that feel achievable and develop a plan to add other activities once the first ones become a new habit and you feel ready to tackle the next step. Your diabetes team can help you develop a realistic plan to assist you in working towards your goals without becoming overwhelmed.

GET THE RIGHT SUPPORT.

While it can feel like it at times, you are not alone. There is help available, and it's important to reach out for support and to ensure you are surrounded by people who are going to help and encourage you with your diabetes management. This can include a supportive doctor and other diabetes health professionals, family and friends, and peer support from other people living with diabetes. Many studies have shown that poor communication and lack of support from health professionals is a contributor to diabetes distress. It is therefore important to find a team of diabetes health professionals who are non-judgemental, who understand that living with diabetes isn't easy and who can help you in setting realistic targets and developing a manageable plan to achieve your goals.



management

More than a

sick day

When you have diabetes, you need to plan and take more care than usual when having surgery or a medical procedure.

Planning and managing your diabetes before, during and after a procedure or surgery can reduce the risk and prevent complications such as infections and delayed wound healing.

Things that may affect your blood glucose levels during a hospital stay include: • *fasting (not eating or drinking)*; • *new or changed medications, including anaesthesia*; • *changes in activity levels and eating patterns*; • *stress, anxiety or pain*

FIRST THINGS FIRST

Before you have any surgery or medical procedures, talk to your doctor, diabetes nurse practitioner or diabetes educator. Ask them to review your current diabetes management, discuss how the procedure or surgery may affect this and ask about any changes that you may need to make.

Talk to your diabetes health professionals

- Discuss how to best look after your diabetes before and after the medical procedure or surgery.
- If you are taking insulin or diabetes medication (tablets or other injectable medications), ask your doctor or diabetes nurse practitioner about what changes you might need to make to the type and doses before, during or after your medical procedure or surgery.
- Ask if you are at risk of low blood glucose levels (also known as hypoglycaemia or hypo) if you are fasting or only allowed fluids before or immediately after your medical procedure or surgery.
- Discuss your sick day action plan. A sick day action plan helps you plan how to manage your diabetes when feeling unwell. It will also help you to know when to get medical help. Your sick day action plan explains what to do with insulin injections and other diabetes medications when you are unable to eat. It also gives instructions about how often and when to increase your blood glucose checks.
- If you do not have a sick day action plan, make an appointment before your medical procedure or surgery. Your diabetes health professionals can work out a sick day action plan that is right for you if you need changes to your eating patterns or fast before your procedure or surgery, or to use once you get home.
- Ask whether you need to check your blood glucose levels more often before your medical procedure or surgery. If so, keep a record of your blood glucose levels for at least 2 weeks beforehand and bring it to your appointment so you can discuss what your target levels should be. Looking after your diabetes will help the healing process and reduce any risk of infection.

- If you do not usually check your blood glucose levels at home, ask if you need to do this when developing or updating your sick day action plan. You may need to check your blood glucose levels before and immediately after your medical procedure or surgery. If so, ask how to use the meter and how to access your blood glucose monitoring strips through the NDSS.

Talk to your surgeon/medical team

- Ask for a list of any special instructions you might need to look after your diabetes before the medical procedure or surgery. Give everyone involved, such as the nurses, anaesthetist and surgeons, a copy of your diabetes management plan and a list of all your medications including:
 - » how your diabetes is usually managed and how you manage when you are feeling unwell or unable to follow your usual routine
 - » any other medical conditions you have
 - » any other medications you are taking (including vitamins, herbal medicines and over-the counter preparations).
- Ask to be first or high on the list for procedures or surgery so your diabetes routine and management is disrupted as little as possible. Give the hospital staff the contact details of your doctor, diabetes nurse practitioner and diabetes educator. Larger hospitals may have a diabetes specialist health professional team to help with your care.
- Check about any driving restrictions after your procedure or surgery. You may need a relative or friend to drive you home.
- If you need an interpreter, make arrangements in advance. An interpreter service is available at no cost in public hospitals.
- If you have not been given any advice about your diabetes medications 3 days before the surgery or medical procedure then contact your diabetes health professional and ask for some advice.

management

TODAY'S THE DAY

- Follow the instructions that your doctor or diabetes nurse practitioner gave you about how to manage your insulin and/or other diabetes medications.
- Check and respond to your glucose levels as recommended by your diabetes health professionals. This is important if you need to fast before a procedure or for surgery.
- Treat any hypos you have before your procedure or surgery, even if you are fasting. Your doctor may recommend treating a hypo with apple juice or another clear fluid as this is quickly absorbed. Tell the medical staff about your hypo and how it was treated. They will decide whether your procedure can go ahead as planned.
- Remember to pack all medications or an up-to-date list of medications, sick day action plan, hypo treatment and blood glucose monitoring equipment with you.

POST PROCEDURE

- You may be asked to take your insulin or other medication with a light meal before you go home. Follow the advice of your doctor or diabetes nurse practitioner about the dose you need to take.
- Start your diabetes medications or insulin as instructed by your doctor or diabetes nurse practitioner. You may be advised not to take certain diabetes tablets – or to take a lower dose for a couple of days.
- Contact your doctor, diabetes nurse practitioner or diabetes educator if you are not sure what to do with your medications or insulin, or if you are concerned about managing your diabetes. You can also ask the health professional performing your procedure or surgery to discuss your medications directly with your diabetes health professionals.
- Your doctor or diabetes nurse practitioner may ask you to check your blood glucose levels more frequently after your procedure or surgery. There is a higher risk of a hypo following fasting, and a risk of high blood glucose levels due to anxiety, stress or pain.
- Once you are discharged, review your medications and insulin with your doctor or diabetes nurse practitioner if your condition improves, and your blood glucose levels settle.

- If you are sick or unwell or have any side effects from the procedure or surgery, seek advice from the hospital or day surgery. Follow your sick day action plan and talk to your doctor, diabetes nurse practitioner or diabetes educator.

IF YOU USE INSULIN

- Contact your doctor, diabetes nurse practitioner or diabetes educator for advice if you:
 - » need to fast before your procedure or surgery
 - » have ketones in your blood or urine before or after the procedure or surgery
 - » if you are unsure about how to use your sick day action plan.
- Ask your diabetes health professionals and surgeon about:
 - » adjustments to your insulin doses and other diabetes medications
 - » target blood glucose levels and how often to check blood glucose levels
 - » if you may need hospital admission and intravenous insulin and fluids or glucose while fasting.
- If you use an insulin pump and/or continuous glucose monitoring (CGM) or flash glucose monitoring (Flash GM) device:
 - » ask if it needs to be detached if you are having certain investigations, such as medical imaging
 - » check with your diabetes health professional and your surgeon whether there are any special instructions you need to follow before your procedure or surgery
 - » ask if you can continue to use your insulin pump or device during the procedure and operate it yourself (if you are given a local anaesthetic)
 - » change your insulin pump line at least 24 hours before going into hospital if you will be continuing to use your it during your admission
 - » take enough insulin pump and CGM or Flash GM supplies to the hospital for the duration of your admission.
- If you cannot use your insulin pump during the procedure or surgery or the medical staff have not been trained or do not know how to operate an insulin pump, insulin may be given by injection or insulin infusion, and intravenous fluids or glucose may be started before the medical procedure or surgery

A photograph of an operating room. In the foreground, a patient is lying on a table, completely covered by a blue sterile drape. Two large, multi-lens surgical lamps hang from the ceiling, casting a bright, focused light on the patient. The room is dimly lit, with the primary light source being the surgical lamps. In the background, various pieces of medical equipment are visible, including a monitor displaying vital signs and other medical devices. The overall atmosphere is clinical and professional.

*If you are sick or unwell or
have any side effects from
the procedure, seek advice
from the hospital or day
surgery. Follow your sick
day action plan.*

TOP TIPS

- Before you have any surgery or procedures, talk to your doctor, diabetes nurse practitioner or diabetes educator. Ask them to review your current diabetes management, discuss how the procedure or surgery may affect this and ask about any changes that you may need to make.
- If you do not have a sick day action plan, make an appointment before your procedure or surgery. Your diabetes health professionals can work out a sick day action plan that is right for you if you need changes to your eating patterns or fast before your procedure or surgery or to use once you get home.
- Ask your surgeon or medical procedure team for a list of any special instructions you might need to look after your diabetes before the procedure or surgery. Give everyone involved, such as the nurses, anaesthetist and surgeons, a copy of your diabetes management plan and a list of all your medications.
- Ask to be first or high on the list for procedures or surgery so your diabetes routine and management is disrupted as little as possible.
- Your doctor or diabetes nurse practitioner may ask you to check your blood glucose levels more frequently after your procedure or surgery. There is a higher risk of a hypo following fasting, and a risk of high blood glucose levels due to anxiety, stress or pain.
- If you are sick or unwell or have any side effects from the procedure or surgery, seek advice from the hospital or day surgery. Follow your sick day action plan and talk to your doctor, diabetes nurse practitioner or diabetes educator.

FOR MORE INFORMATION

- Go to ndss.com.au to search for the 'Living well with type 1 diabetes-what to do when you are sick' or 'Living well with type 2 diabetes-what to do when you are sick', 'Blood glucose monitoring', 'Managing hypoglycaemia' and other fact sheets.
- Go to adea.com.au to download separate guides and sick day action plans for people with type 1 diabetes who use insulin injections and those who use an insulin pump and for people type 2 diabetes who use insulin and those who do not to manage their diabetes.

NEED-TO-KNOW FACTS ABOUT...

diabetes & oral health

Poor oral health can have a surprising impact on people with diabetes. Just six minutes a day (and getting chummy with your dentist) is all it takes to avoid the toothache.

1 Scary stats

A recent survey by the Australian Dental Association (ADA) found that although 70% of Australian adults consider looking after their mouth to be an important part of their overall health, 75% of us rarely or never floss daily, and 18% only brush once a day.

2 Knock-on effect

Your general health and wellbeing can be impacted by your oral health. Poor oral health has been linked with serious health issues such as type 2 diabetes, asthma, cardiovascular disease, stroke, kidney disease, dementia, and rheumatoid arthritis.

3 Two-way relationship

Recent research has discovered a relationship between diabetes and tooth decay, untreated periodontitis (advanced gum disease), and tooth loss. People with diabetes are more likely to have periodontal disease, probably because they are at a higher risk of infection in general. Diabetes can also cause dry mouth

and higher levels of sugar in the saliva, which can cause ulcers, infections, and tooth decay. Periodontitis can also make it more difficult for people with diabetes to manage their BGLs, increasing the risk of other diabetic complications.

4 Six minutes a day

A build-up of tartar on teeth can lead to tooth decay and a mild form of gum disease called gingivitis. If left untreated, gingivitis can become periodontitis, which is irreversible. Fortunately, gingivitis can be reversed with daily brushing and flossing. Just six minutes a day is enough to keep your pearly whites in tip top condition.

5 Watch your mouth

Gingivitis occurs when a tartar build-up forms on the teeth, around the gumline. Even if you can't see tartar, you will likely be able to feel it as a rough coating on your teeth. This irritates your gums and can cause bleeding, redness, swelling and bad breath. Gingivitis can be reversed by brushing twice a day and flossing at

least once a day, but if left untreated, can advance to the more severe form, periodontitis. Sign of this include extended gum bleeding, receding gums and loose and/or tender teeth.

6 Make friends with your dentist

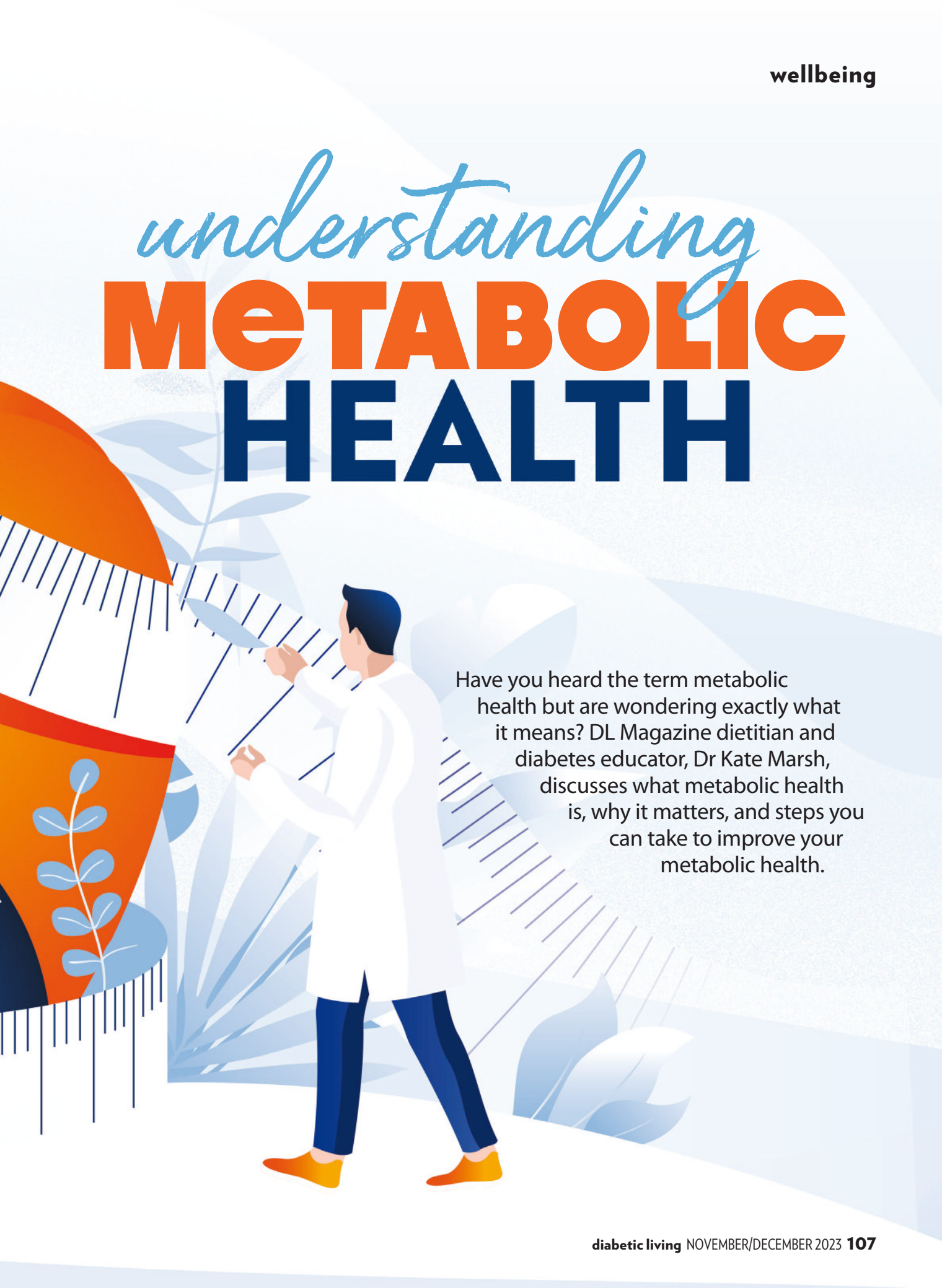
Your dentist is the only one who can safely remove a build-up of tartar. But don't wait until you think there's a problem! Regular, six-monthly visits to your dentist is the surest way to prevent gum disease and its associated problems. Remember to let your dentist know that you have diabetes so they can monitor you for symptoms.

7 Diabetes management

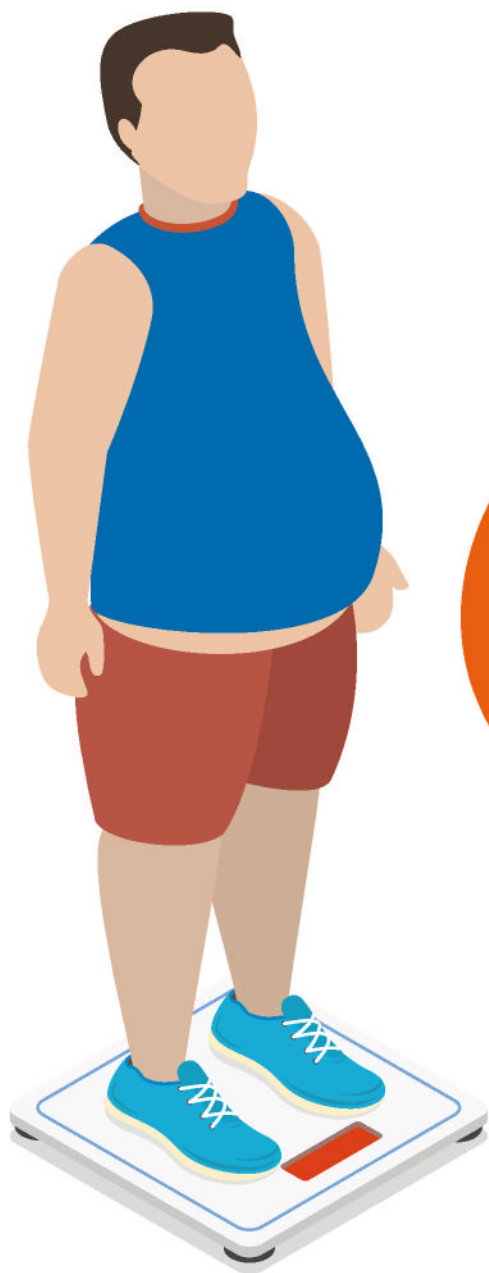
Those with well-managed diabetes are much less likely to develop gum disease. Managing your BGLs is key to (amongst many things) preventing oral health issues. If you smoke, kick the habit as this makes any existing gum disease worse. Finally, book in routine check-ups with your dentist, and don't forget those six minutes a day!



understanding **METABOLIC** **HEALTH**

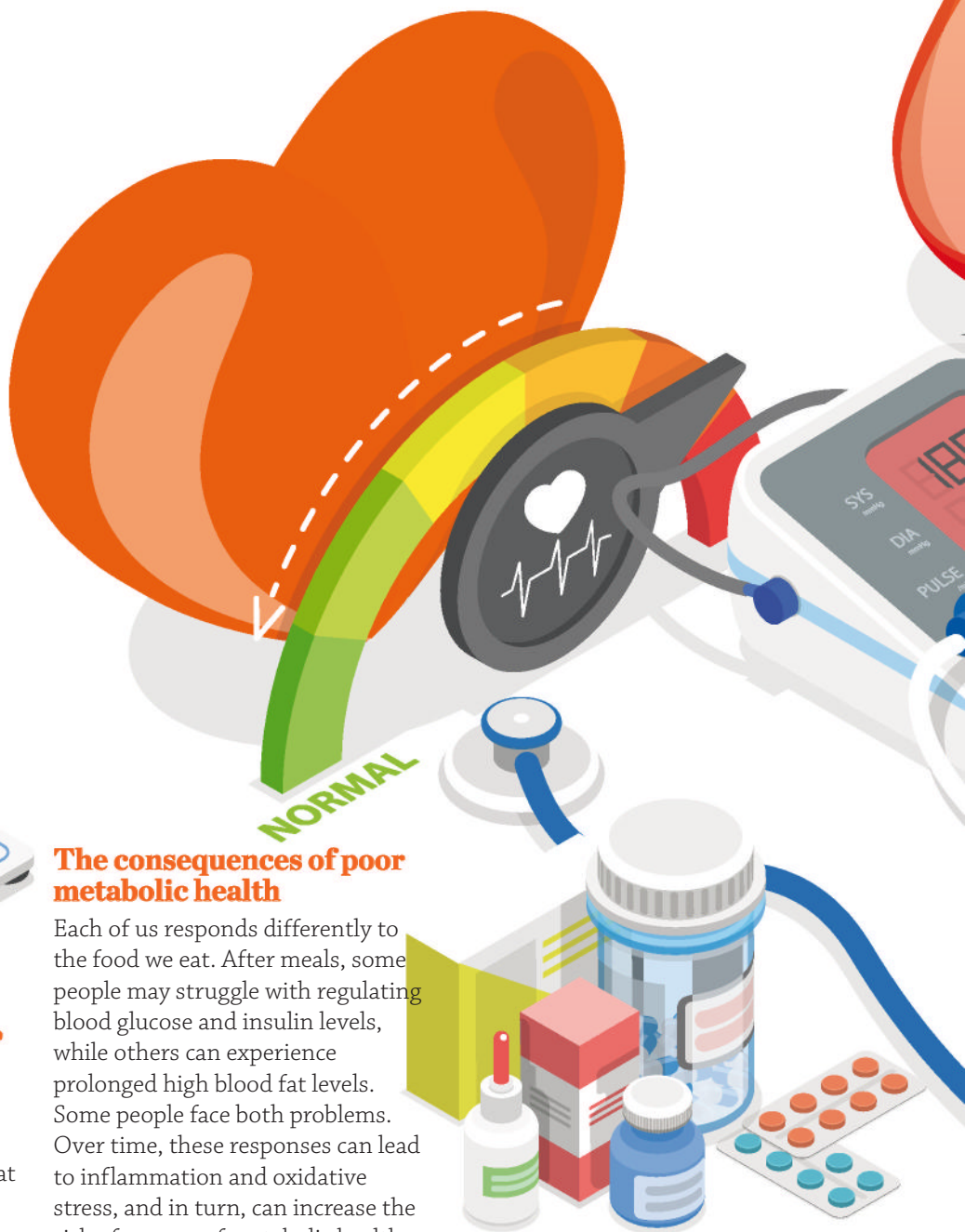
An illustration of a male doctor in a white lab coat and blue trousers, wearing orange shoes. He is holding a large magnifying glass with both hands, focusing on a blue DNA double helix structure. The background features stylized blue leaves and orange abstract shapes. The overall theme is medical and scientific.

Have you heard the term metabolic health but are wondering exactly what it means? DL Magazine dietitian and diabetes educator, Dr Kate Marsh, discusses what metabolic health is, why it matters, and steps you can take to improve your metabolic health.



What is metabolic health?

Metabolic health plays a fundamental role in our overall health. It involves a range of complex biochemical processes that occur within our bodies. These processes are responsible for converting the food we eat into energy that our body needs to function. While there is no formal definition of metabolic health, when we are metabolically healthy, our bodies can process nutrients appropriately without causing unhealthy effects on markers like our blood glucose levels, blood fats, and blood pressure.



The consequences of poor metabolic health

Each of us responds differently to the food we eat. After meals, some people may struggle with regulating blood glucose and insulin levels, while others can experience prolonged high blood fat levels. Some people face both problems. Over time, these responses can lead to inflammation and oxidative stress, and in turn, can increase the risk of a range of metabolic health conditions.

Conditions that can occur because of poor metabolic health include:

- Type 2 diabetes
- Cardiovascular disease
- Polycystic ovary syndrome (PCOS)
- Non-alcoholic fatty liver disease (NAFLD)
- Metabolic syndrome (see

breakout box)

- Chronic kidney disease

No recent Australian studies have evaluated metabolic health, but a 2019 study found that only 12% of American adults were metabolically healthy. The National study of over 8700 adults defined metabolic

There is no agreed definition of metabolic health but there are several markers you can measure to assess your metabolic health.



adults in the study were found to be metabolically healthy.

How do I know if I'm metabolically healthy?

While there is no agreed definition of metabolic health, there are several markers you can measure to assess your metabolic health. These include:

BLOOD PRESSURE: A healthy blood pressure for most adults is less than 120/80 mmHg

BLOOD GLUCOSE LEVELS: A healthy fasting blood glucose level for adults is less than 5.5 mmol/L

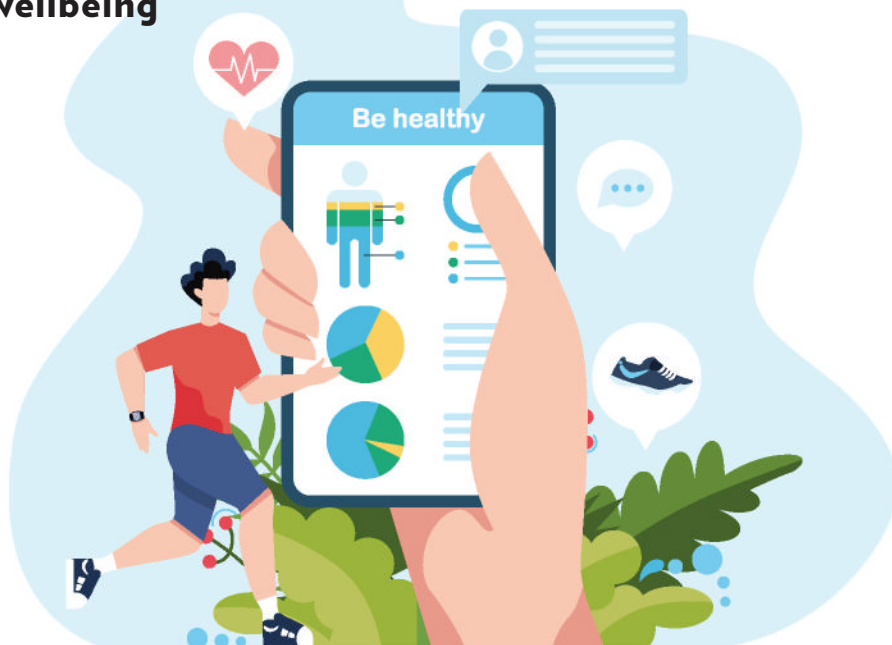
BLOOD FAT LEVELS: Recommended levels are HDL cholesterol greater than 1.5 mmol/L and triglycerides less than 1.7 mmol/L.

WAIST CIRCUMFERENCE: Recommendations are a waist circumference of less than 88cm for women and less than 102cm for men of Caucasian background, but these may vary for people from different ethnic backgrounds. Carrying excess weight around the

middle is associated with a higher risk of metabolic health conditions, so is considered more important than a measurement of weight or body mass index.

To be considered metabolically healthy, it means that you have measurements within the recommended ranges above and are not taking any medications to manage these risk factors. But, even if you are on medication or had been diagnosed with a health condition like type 2 diabetes, there are still ways you can improve your metabolic health.

health as having optimal levels of waist circumference, fasting glucose, HbA1c, triglycerides, HDL cholesterol and blood pressure, and not taking any medications for these conditions. While carrying excess weight increases the risk of being metabolically unhealthy, less than one third of normal weight



How can I improve my metabolic health?

While genetics and age both play a part in your risk of metabolic health problems, lifestyle factors also play a key role. This means that there are many things that you can do each day to improve and maintain your metabolic health. These include:

EATING A HEALTHY DIET. There is some evidence that a Mediterranean-style diet might be the best type of eating plan for metabolic health. This is an eating plan rich in minimally processed wholegrains (such as traditional rolled or steel-cut oats, barley, quinoa, freekeh, burghul, brown rice, wholemeal or wholegrain pasta, dense wholegrain breads), vegetables, fruits, nuts, legumes (lentils, chickpeas and dried/canned beans), olive oil and fish but relatively low in red meat and dairy products. Refined grains,

added sugars, sugar-sweetened drinks and ultraprocessed foods are best avoided or kept for special occasions. Use fresh or dried herbs and spices rather than salt to flavour foods.

EXERCISING REGULARLY, increasing incidental activity and reducing sedentary time and/or breaking up your sitting time regularly. Studies have shown that combining aerobic and resistance exercise provide the greatest benefit for metabolic health.

REDUCING YOUR WAIST CIRCUMFERENCE if you are carrying excess weight. This can be achieved by combining a healthy eating plan with regular exercise and healthy lifestyle habits, including getting enough sleep and managing stress levels.

GETTING ADEQUATE GOOD QUALITY SLEEP.

Many studies have now shown a link between poor sleep and the risk of metabolic health conditions, including type 2 diabetes, cardiovascular disease and obesity.

MANAGING STRESS LEVELS. Studies have found that adults with higher stress levels are 45% more likely to develop metabolic syndrome than those with lower stress levels. Work-related stress has also been associated with metabolic syndrome. Finding ways to reduce and manage stress levels is therefore an important part of improving metabolic health.

QUITTING SMOKING, IF YOU SMOKE. If you need help to do this, speak with your doctor or call the Quitline on 13 7848.

Exercising with mobility issues

Think that working out will be too hard? It's time to think again...

If you have mobility issues, exercise can help build muscles that take the pressure off joints and improve balance. Here's how:

If you have Arthritis:

Exercise physiologist Christine Armarego recommends water-based activities for people with arthritis; as water takes the strain of supporting body weight out of the equation. She also uses resistance training to build muscles for dynamic stability. 'Having stronger muscles around the joint helps to keep it in better alignment and prevents the progression of arthritis,' she says.

If you have Neuropathy (nerve damage):

'I recommend a program of balance retraining at home. If you've lost some feeling in your feet, you can train your muscles and vision to compensate,' says Armarego. In addition, a resistance-training program will burn kilojoules and get your BGLs on a more even keel while regaining the confidence to use your feet and legs for more aerobic activities.

Your gut bugs and metabolic health



METABOLIC SYNDROME

Metabolic syndrome is a collection of risk factors which together increase the risk of metabolic health conditions, including heart disease, stroke and type 2 diabetes.

You are diagnosed with metabolic syndrome when you have three or more of the following risk factors:

- Excess weight around the middle (a waist circumference of more than 88cm for women and more than 102cm for men of Caucasian background, but these may vary for those from different ethnic backgrounds—your doctor can advise you on your individual targets)
- High triglyceride (fat) levels in the blood
- Low levels of HDL ('good') cholesterol
- High blood pressure
- Insulin resistance or type 2 diabetes

Your gut microbiome is the community of over 100 trillion microorganisms that live in your gut—mainly bacteria, but also viruses and fungi. They perform a wide range of important functions, many of which we don't yet fully understand. However, several studies have shown an association between the health of our gut microbiome and the risk of metabolic health conditions including type 2 diabetes, cardiovascular disease, metabolic syndrome and obesity.

While we still have a lot to learn about what makes up a healthy gut microbiome, research suggests that having a diverse microbiome (i.e. a wide variety of different gut bugs) and having a higher prevalence of certain beneficial species are associated with better health.

You can help to increase diversity of your gut microbiome and by eating a wide range of fibre-rich plant foods (including fruits, vegetables, minimally processed whole grains, legumes, nuts, seeds, herbs and spices). Restrictive diets, on the other hand, particularly low carbohydrate, gluten-free and low FODMAP diets, can reduce diversity and lower levels of some types of healthy bacteria. Other lifestyle changes that can contribute to a healthy gut microbiome include exercising regularly, managing stress levels, not smoking and limiting alcohol intake. And while they are life-saving when needed, avoiding the unnecessary use of antibiotics can help to protect your gut bugs.



A close-up, slightly low-angle shot of a woman with blonde, wavy hair. She is smiling broadly, showing her teeth, and looking down and to the side. Her hair is blowing in the wind, creating a sense of movement. She is wearing a light-colored, possibly white, top. The background is a bright, out-of-focus sky.

mindset

YOUR NEW **NORMAL**

**Struggling to accept a diabetes diagnosis? Build a healthy
future by making it a part of your life – right now!**

Rashmi Sharma had gestational diabetes when she was pregnant with each of her two children. However, on both occasions, the diabetes receded after she gave birth. Her second child was six years old when a then-33-year-old Rashmi discovered she had type 2 during a routine blood sugar test. 'It's in my family,' says Rashmi, who was put on medication immediately after her diagnosis. 'My mother had diabetes, all my aunts had diabetes. But I had a very blasé attitude towards it. When my husband told me I could end up having a leg cut off or something like that, I put it at the back of my mind and said, "That can't happen to me." So I never really took care of myself.'

While it can be difficult to accept that you have diabetes – and that your life is going to be different going forward – being in denial about it can take a serious toll on your health. That's why it's vital to change your mindset and make diabetes your new normal. Here's how:

STEP ONE

FOCUS ON YOUR FUTURE

While it's natural to regret the things you did or didn't do before being diagnosed with diabetes – like leading a sedentary lifestyle, or not enjoying your favourite carb-laden foods while you had the chance – fixating on the past can hold you back from leading a healthy life. Ditch 'what if's' and 'I wish I had's' and instead focus on making sensible choices now. This will help you manage your diabetes more effectively, and safeguard your future health as well.

STEP TWO

BUILD A SUPPORT SYSTEM

Research shows that people with support systems are less likely to

experience diabetes-related complications and are less likely to be depressed about their diabetes as well. Start building your support network by making an appointment with a diabetes expert – a diabetes educator, dietitian, psychologist or an exercise physiologist. Psychologist and diabetes expert Linda Beeney suggests looking for 'people who will be team members, answer your questions, take a collaborative approach to working with you long term'. Beeney also recommends taking a family member, partner or trusted friend with you. This will help get the people closest to you on board with your diabetes management. Joining a support group can also be hugely beneficial, as it gives you a forum to ask questions and share concerns with other people living with diabetes. To find a support group near you, visit diabetesaustralia.com.au.

STEP THREE

FORM LIFE-LONG HABITS

Beeney says that working diabetes into the life you're already leading means that it won't dominate everything that you do. Put this into practice by creating workable healthy habits, such as:

- Checking your blood glucose levels at the same time each day. Getting into a good routine with your medications by pairing them with your existing daily habits, like when you're washing your face in the morning, or when you're sitting down to an afternoon cup of coffee.
- Making exercise that you enjoy a part of daily life, including incidental exercise like gardening, or walking around your local shopping centre.
- Setting up your diary with quarterly, six-monthly and annual appointments with health professionals. If you're not a methodical kind of person,

reminders can easily be added to your phone and computer calendars.

■ Writing any questions you have about your care in a notebook. Take this with you to every health appointment.

■ Creating mantras around habits you'd like to adopt – for example, 'I will now eat lean protein at every meal.' Put them in writing so that they're easier to remember – and harder to ignore!

Rashmi began to overcome her 'denial-betes' with the help of a psychiatrist. 'They helped me realise that looking after yourself is not for anybody else – you should do it for yourself,' she recalls. From there, Rashmi embarked on a campaign to improve her health. With the help of a dietitian, Rashmi reduced her portion sizes, and started reading food labels to exclude high-fat and high-sugar options from her shopping trolley. She now eats small meals at two-hour intervals to keep hunger at bay.

Rashmi also began walking for 45 minutes every day. 'I take every opportunity to walk,' she says. She walks to her local shopping centre to buy groceries, and she walks for 10 minutes at each end of her commute to work. At work, she's made many small tweaks to her routine that make her day more active; for example, she collects individual documents from the printer, rather than printing a whole batch and collecting them together.

The result? Rashmi has now lost about 13 kilos. Her self-care routine involves twice-daily glucose testing, routinely taking a number of medications and insulin injections, quarterly visits for monitoring at the Baker IDI Heart and Diabetes Institute in Melbourne, and annual visits to the eye specialist and podiatrist. She finally feels confident that she's caring well for herself. 'Everything I do makes a difference!'

Ozempic

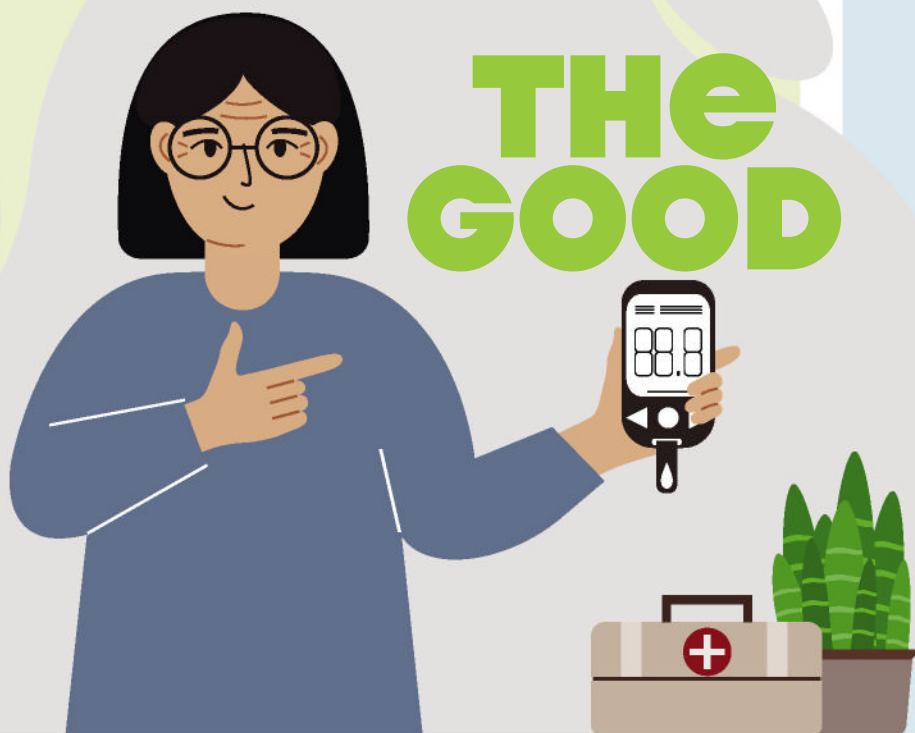
THE GOOD, THE BAD AND THE UGLY

No doubt, you have already heard about Ozempic, the highly sought-after drug that everyone wants to get their hands on for type 2 diabetes management and weight loss. This cutting-edge medication has been making waves lately, but like most medications, it has its ups and downs. DL dietitian, Shannon Lavery, takes a look at the good, the bad, and the ugly aspects of using Ozempic to manage type 2 diabetes and shed those extra kilos





THE GOOD



Ozempic is a once a week injection that helps manage blood glucose levels and reduce your HbA1c. It falls into the category of glucagon-like peptide-1 receptor agonists (GLP-1 RAs), which means it stimulates your pancreas to produce more insulin when your blood glucose levels go up. This insulin then helps transport the glucose from your bloodstream into your body's cells, where it can be used for energy.

Ozempic and other GLP-1 RAs also act to reduce the production of glucagon, another hormone produced by the pancreas. Glucagon is responsible for raising blood sugar levels by triggering the release of stored glucose from the liver. By limiting the production of glucagon,

Ozempic stops the liver from releasing extra stored glucose, contributing to lower blood glucose levels.

The active ingredient in Ozempic is semaglutide, which also works by slowing down the rate at which food is digested and reduces the rate at which glucose is released into the bloodstream after meals. This helps prevent sharp spikes in blood glucose levels and will also result in increased satiety and reduced appetite which can help with weight loss goals.

Research suggests that GLP-1 RAs like Ozempic may help reduce the risk of major cardiovascular events such as stroke, heart attack or death in people with type 2 diabetes and known heart disease.

THE BAD

Now let's cover off the not-so-fun parts – the side effects. The most common side effects tend to be mild and temporary, but could include effects such as nausea, feeling tired, heartburn, diarrhea, constipation, burping/wind, vomiting and/or stomach pain. If you do experience any of these or other side effects when taking Ozempic (or any other medication for that matter), it is always best to discuss this with your doctor.

It may also be worthwhile considering when you take this weekly injection to allow time for rest if you do experience some minor side-effects. For example, some people prefer to take it regularly on a Saturday morning to minimise the impact on their working week.

Similar to other injectable medications, some users have reported redness, pain, or itching at the injection site. These side effects can sometimes be minimised with proper injection technique and rotating the injection spots. Your prescribing doctor or clinic nurse may be able to give you some handy hints on how to reduce some of these symptoms.

Your risk of having a hypo (low blood glucose level) is higher if you use Ozempic with another diabetes medication that can cause hypos, such as sulfonylurea or insulin. To reduce your risk, ensure you include some healthy low glycemic index (GI) carbohydrates at each meal and monitor your blood glucose levels regularly. If your

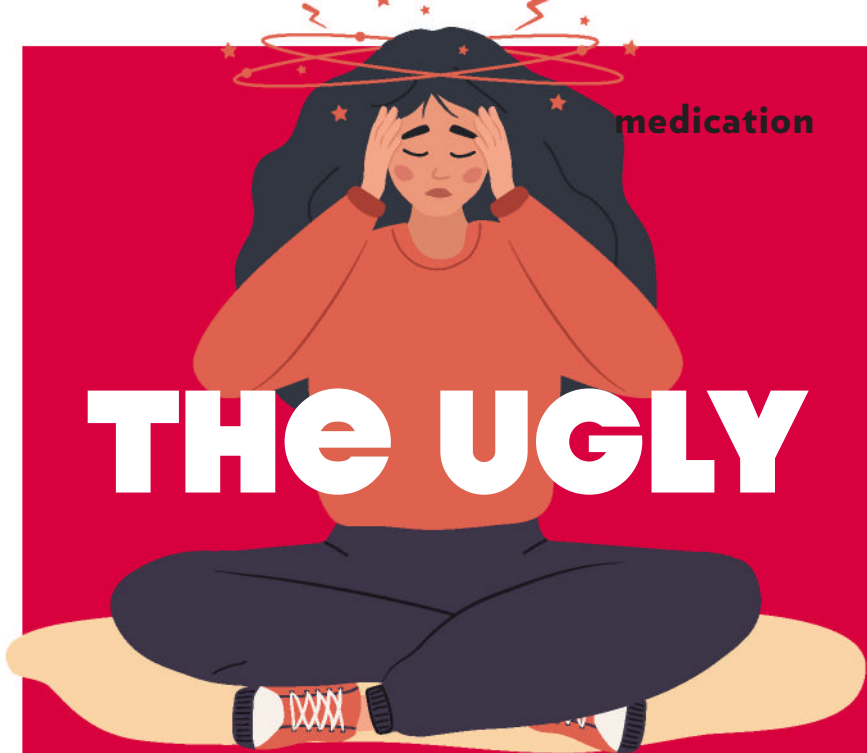
blood glucose levels begin to drop below 4mmol/L, ensure you treat your hypo immediately with 15g of quick-acting glucose such as 6-7 jellybeans, 100mls of regular soft drink, 3 teaspoons of honey or 150ml of fruit juice.

Due to Ozempic's powerful effect on weight loss, Ozempic has been in high demand outside of managing type 2 diabetes, which unfortunately has led to low stock levels and difficulty obtaining the medication when needed. If you are struggling to fill your script, try calling around a few pharmacies to see who has it in stock. If you are still unsuccessful, get in touch with your prescribing doctor ASAP to discuss an alternative for managing your diabetes.



THE UGLY

medication



Although rare, there have been reports of pancreatitis linked to GLP-1 RA use, including Ozempic. This means inflammation in your pancreas, which can be very painful. If you do experience severe abdominal (stomach) pain, nausea, or vomiting, don't wait to see if it will pass, rather seek medical attention ASAP.

Allergic reactions to any medication can present with very serious side-effects and require urgent medical attention. This may include skin rashes on your body, shortness of breath, wheezing, swelling of the face, lips or tongue, fast pulse and or sweating.

In animal studies, Ozempic and similar medications have caused thyroid tumours and thyroid cancer. At this stage, it remains unknown if Ozempic could cause thyroid tumors and thyroid cancers in humans. Lumps or swelling in the neck, hoarseness, difficulty swallowing, or shortness of breath could be symptoms of thyroid cancer and should be discussed with your healthcare team immediately.

THE BOTTOM LINE

Ozempic has undoubtedly emerged as a groundbreaking treatment in the management of type 2 diabetes. Ozempic is most effective when used as part of a comprehensive diabetes management plan. This plan will typically include regular exercise, a balanced diet, regular monitoring of your blood glucose levels, and other medications as prescribed by your healthcare team. The impressive benefits of Ozempic such as improved blood glucose management, weight loss support and cardiovascular health, has already improved the lives of many people living with type 2 diabetes.

However, as with any medication, it is important to discuss the potential risks and side effects with your healthcare team and ensure they are well across your entire medical history before any medications are prescribed. This will allow you to work collaboratively to develop a diabetes management plan to best suit your specific and individual needs.

THE FRUIT NeRD

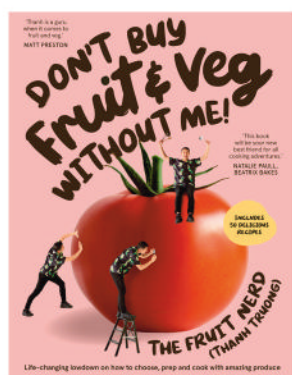
DON'T BUY FRUIT & VEG WITHOUT ME



Self-confessed fruit nerd Thanh Truong wants you to get the most out of your fruit and veg. In his new book, he shows you how, plus shares delicious plant-forward recipes.

WHAT IS GOOD PRODUCE?

The produce most of us buy has been selected based on aesthetics, shelf life, convenience, availability, price and packaging for multiple reasons. Certainly, all of these things help create 'good' produce, but what is often forgotten is that most important factor – taste. Think of taste as a multiplier effect. If the fruit or vegetable tastes good, we will have a great experience eating it and want to return for more. 'Good' to me means many things, and 'taste' is very complex and often subjective, so let me break down what I look for in a good-tasting fruit and how I define flavour.



Don't Buy Fruit & Veg Without Me by Thanh Truong. Published by Plum/Pan Macmillan Australia, RRP \$39.99.

THE TRIFECTA OF POWER = AROMA, TEXTURE, FLAVOUR

We all have our subjective tastes, but in my opinion, the three factors below are the best way to determine whether or not something tastes good. Think about your favourite fruit: does it hit all three?

AROMA – The smell we inhale as we approach the fruit and bring it closer to our nose, the flavour when the fruit is in our mouth and the aftertaste or smell in our mouth after we have swallowed the fruit. Nature has made these aromas and flavours by combining hundreds of volatiles in the fruit. Descriptions are unique as every fruit, even every varietal, has its own unique aroma.

TEXTURE – The feel of the fruit in our hand, the firmness of the initial bite, the density of the fruit that informs its description – creamy, juicy, granular, watery, sticky or firm. The consistency or changing textures of the fruit, from the skin to the core. The mouthfeel includes the sensation of the flesh around your mouth, on your tongue and through your teeth (i.e. stringiness, tannins, oiliness).

FLAVOUR – This is all about intensity and balance. Our tongue sensations are spicy, peppery, sweet, bitter and sour. Intensity refers to its sourness: does it make us cry or does it cut through the sweetness and provide balance? Balance refers to whether or not similar flavours are in harmony and not taking over from each other – for example, if an orange is watery and sweet but isn't sour, and therefore somewhat bland; or conversely, if it's too sour and not sweet enough. We often find things sweet but without much flavour

because they lack intensity and balance. The best fruits have what I call 'sweet umami', which is the balance of intense sweet and sour notes (or other notes, such as bitterness and tang). When sweet umami is achieved, I describe the sensation as 'moreishness' – not being able to physically stop eating the fruit because it tastes so good!

FRUIT vs VEGETABLE

IT'S AN AGE-OLD DEBATE

What produce should be classified as a fruit and what as a vegetable? It's pretty simple, as this quick history lesson shows.

BOTANICAL DESCRIPTION: SEED VS NO SEED

A century ago, we went by the botanical description. Fruit must be produced by a woody stem shrub or tree with a seed or seeds. Vegetables must be a plant with soft stems. In this description, tomatoes and cucumbers are technically fruit.

MODERN DESCRIPTION: SNACKING VS COOKING

Primarily influenced by supermarkets, this is how fruit and vegetables are arranged in store. Supermarkets group sweet, convenient snacking produce as fruit, as opposed to produce we need to process, cut, cook or mix in a salad as vegetables. In this case, tomatoes, which are predominantly cooked in savoury dishes, and cucumbers, commonly used in salads, are classified as vegetables. Remember that most Australians shop for produce in supermarkets, so the way supermarkets categorise fruit and vegetables generally dictates our expectations as to what goes where.

HOW TO STORE

FOR BETTER TASTE AND LESS WASTE

Knowing how and where to store your fruit and vegetables at home is arguably the single most important thing you can do to eat better-tasting produce and prevent food waste. There are plenty of spots for optimal storage: the fridge (with all its different climactic zones), the dining table, the kitchen bench, a dark, cool place or a spot with a stable temperature night and day. Fruiterers play an important role in making sure our community knows how to handle produce once it's left the shop. Although it's in the best financial interests of the industry to sell more fruit and vegetables, regardless of the waste that happens further down the supply chain in our homes, I would argue that a poor eating experience due to over-buying and incorrect storage leads to lost sales. Here are my top tips for getting the most out of your fresh produce!

WHAT GOES WHERE IN THE FRIDGE?

Every part of the fridge has different airflow and every fridge is different! Knowing where the airflow comes out in your fridge is important as this area is generally the coldest part – up to 5°C colder than the fridge door compartments.

My general rule is that any fresh produce in the fridge needs to be eaten within a week, otherwise it will start to deteriorate regardless of the storage method you use. In addition to this, produce should be purchased and consumed fresh – ideally you should buy produce for the next two or three days; I wouldn't purchase produce you will need to keep for more than a week.

Given all of the different ways produce can be stored in the fridge, I almost never place naked produce on a shelf – even a zucchini or cucumber

left bare for a day in the fridge can wrinkle and become less texturally appealing. Here is a quick guide to the different fridge zones.

■ **THE CRISPER:** This is where the temperature remains more constant, as when the fridge door opens and warm air rushes in, the air inside the crisper remains the same. As such, fruits that can handle and require the coldest temperatures, such as apples, should be kept here.

■ **THE SHELVES:** A lot of vegetables and herbs are mostly made up of water. This means that storing them naked in a fridge, which has constantly circulating air, will dry them out, particularly leafy vegetables and fresh herbs. These types of produce should be placed in a container or plastic bag and wrapped in a wet towel to keep humidity high and prevent moisture loss. Some fruits, such as mandarins or strawberries, also need to be shielded from the wind tunnel that is the fridge by being kept in a plastic bag or container, as they can dry out very quickly. The top and bottom shelves in your fridge may vary in temperature – I find the bottom shelf a touch colder than the top, but this might not be the same for your fridge. Find out what's happening in your fridge by storing two of the same fruit on each shelf; see which one holds up better (and maybe test the temperature if you can).

■ **THE FRIDGE DOOR:** This is the area with the most fluctuating temperatures so I would avoid placing any produce here. The only exception is if you live in an extremely hot climate, in which case I suggest temporarily placing climacteric fruit here to prevent them from ripening too quickly on the bench. Only do this for one or two days, then eat them immediately as all fruit and vegetables dislike constantly changing temperatures.

WHAT TO STORE WHERE

Kitchen bench:

- Avocados • Bananas and plantains • Guavas
- Jackfruit • Mangoes
- Mangosteens • Melons
- Pears (if you like them soft and ripe)
- Pineapple • Red papaya
 - Stone fruit
 - Tomatoes

Dark, dry, cool place:

- Garlic (away from onions) • Onions (away from garlic!) • Potatoes
- Pumpkin • Sweet Potatoes • Watermelon (uncut)

Fridge, anywhere:

- Berries (in punnets)
- Coconuts • Pomelos

Fridge, fully covered (in plastic bag or container):

- Apples • Capsicums
- Cherries • Chokos
- Cut watermelon (plastic wrapped) • Eggplants
- Ginger • Grapes
- Jujubes • Lettuce
- Lychees • Mandarins
- Nashi • Oranges
- Pears (if you like them crunchy and firm)
 - Pomegranate
 - Zucchini

Fridge, covered, with breathing hole or wet towel:

- Asparagus (cover tops of spears)
- Bitter melons
- Broccoli/ broccolini and other brassicas • Gourds • Kale • Leafy greens
- Mushrooms (preferably in a paper bag) • Snow peas/snow pea tendrils
- Soft-leaf herbs • Water spinach

FRUIT BOWL VS FRUIT PLATES

My first piece of advice? Step away from your fruit bowl! Displaying fruit in an overflowing bowl has been a sign of wealth and abundance since Roman times. As well as being aesthetically pleasing, the continued use of the fruit bowl is linked to the idea that it subconsciously increases fruit consumption by being ever-present as we walk past it. However, the fact that households waste up to 30 per cent of food suggests the fruit bowl isn't having a big impact on fruit and vegetable waste.

Certain fruits – called non-climacteric, meaning they do not continue to ripen after harvesting – should always be stored in the fridge and never in a fruit bowl. For example, cherries will lose their firm bite if stored at room temperature and will shrivel over time, while apples will dehydrate and lose their crispy edge, especially near the skin. Fruits that do need to be stored at room temperature to continue ripening, such as bananas, mangoes and avocados, are called climacteric. I recommend using several fruit plates rather than one fruit bowl to prolong the shelf life of these fruits. Having all your climacteric fruits in the same bowl can lead to them ripening at a quicker speed, which often leads to waste. Fruit ripening is not a linear process, but often exponential. Once the fruit in the bowl is set off, they generally all ripen at the same time, which means you will most likely need to eat a lot of fruit in a short space of time.

As fruits ripen, they emit the gas ethylene at the same time as absorbing the ethylene produced by surrounding fruits. Therefore, the more ripe fruits you have in the bowl, the faster everything else will ripen. Using multiple flat fruit plates rather than one deep fruit bowl can help reduce the speed of ripening by preventing the build-up of ethylene around the fruit. Given that avocados, bananas and mangoes have already begun their ripening process in the supply chain, not in your home, these fruits will ripen very fast on their own on your kitchen bench at room temperature – they certainly don't need help from other fruits in the same bowl. By using two or three fruit plates set away from each other, say on the opposite ends of a kitchen bench, you can slow down the ripening process by one to three days, giving you more time to enjoy each piece of fruit as it reaches its most delicious state.

Separating fruit on multiple plates doesn't just help to slow down fruit ripening, it can also help you better control what fruits you want speed up and ripen. If you want to eat a firm avocado or hard stone fruit within a day or two, you can place it next to a more ripe fruit on the same plate; it will absorb the ethylene the ripe fruit is emitting and start ripening faster. If you want to speed things up further, place these fruits in a paper bag and then back on the plate to trap all the ethylene.



GUY BARNETT, TYPE 1

**GUY BARNETT,
HEALTH MINISTER
FOR TASMANIA
IS MAKING A
DIFFERENCE**

Tasmania's Minister for Health Guy Barnett has been living with type 1 diabetes for more than 26 years. He shares his own health journey, why he's so passionate about improving the wellbeing of others living with diabetes and the reason he enjoys time on his bike.

“It might sound strange but in many ways diabetes has been a gift and a blessing for me. Living a healthy, active lifestyle has always been a passion of mine, but after my diagnosis in 1997, it became even more of a priority for me. Living with diabetes was like an added incentive to stay well. “Not long after I was diagnosed, I knew I also wanted to do whatever I could to advocate for and help other people with diabetes, and their families. I’m passionate about the fact that everyone should be able to reach their full potential, regardless of their diabetes.

“So I got involved with what was then Diabetes Tasmania, first serving on its board and then becoming the organisation’s president for a few years.

“More recently, as a politician, I was also in a position to lobby the Federal Government for more than six years to provide free access to continue glucose monitoring for people with type 1 diabetes, an outcome that was finally successful in 2020.

“It’s just a wonderful, gratifying thing that I’ve been fortunate to have the opportunity to do.”

A fast learning curve

“I was 34 when I was diagnosed with diabetes. It was the 15th of January, which is my wife, Kate’s, birthday, so I remember it well.

“I’d had all the typical symptoms – insatiable thirst, needing to go to the toilet often and feeling tired a lot of the time. But it was the lead-up to Christmas, so I figured I was just rundown. But when I felt worse after the New Year, I went to my GP and bingo – a test showed that I had extremely high blood sugar levels.

“I was sent to the Royal Hobart Hospital where I met a wonderful diabetes educator and received my first insulin injection and I’ve been on the journey ever since.

“Learning I had type 1 diabetes was a shock and a surprise. There’s no family history so it was all very new to Kate and I.

“I actually knew very little about diabetes at the time so it was also a very fast learning curve. I was on five insulin injections a day and was testing my blood glucose levels up to 10 times a day.

“Kate has been a wonderful support, as has my whole family. They’ve always been there for me.” ➤

my story
“I’m committed to
continuing to help
make a difference.”

THE TASMANIAN POLLIE
PEDAL RIDES THROUGH
THE BEAUTIFUL AND
WILD LANDSCAPE

my story: type 1

The game changer

"About 12 years ago, I started using an insulin pump and, in recent years, a continuous glucose monitor and both were game changers for me because they provided more flexibility and allowed me to be more independent.

"These days my diabetes is so much better managed thanks to that technology, which has only continued to improve over the years. That doesn't mean my diabetes disappears, as it's still something I have to manage 24 hours a day, but it's certainly been a huge improvement for me. Just being able to get through the night with confidence, without the fear of having a hypo, which is what everyone living with type 1 has a fear of, makes such an incredible difference.

"Looking at the bigger picture, all of these improvements and advances in technology and in the

medicines used to treat the disease have absolutely reduced the risk of complications for people living with diabetes in Australia. And, long term, that of course reduces the cost and the impact on the country's health system, which is wonderful."

Prevention is better than cure

"This year marks the 18th year of the annual Tasmanian Pollie Pedal, a charity bike ride, which I helped start with Diabetes Tasmania in 2006 to raise funds and awareness for diabetes.

"It runs for three days on the last weekend of February, and as always, all funds raised go to children and people with diabetes, through Diabetes Australia. To date, we've raised more than \$700,000.

"In terms of type 2 diabetes, I've advocated for policies for a long time that support healthy active living for all Australians, but particularly for children. We know that developing good, healthy habits at a young age is crucial for helping to prevent type 2 diabetes – and prevention is better than cure.

"In my nine-and-a-half years as a senator, I hosted a healthy lifestyle forum every year to help combat childhood obesity, where we had all the key stakeholders, from the health and sport and recreation sectors, to the advertising and fast food sectors, at the table, because this is a community challenge. It's my experience that all of these sectors want to be part of the solution not part of the problem and as a country, we've come a long way, but we've still got a long way to go. I'm committed to continuing to help make a difference."

**BARNETT (CENTRE)
WITH DIABETES
AUSTRALIA'S
CAROLINE WELLS
AND INVICTUS
GAMES ATHLETE
JARROD KENT
BEFORE THE 2019
POLLIE PEDAL**

If you'd like to get involved in the Tasmanian Pollie Pedal in 2024, either by taking part or donating, contact the Tasmanian branch of Diabetes Australia on (03) 6215 9000.

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that C=1, M=3, and R=4. You can record each letter as you work it out in the letter checker at the bottom of the grid.

4	13	1	22	25	2		5	25	12	23	1	15	19		1	26	4	10	25	6
	5		18		25		13		20		26		15		18		15		5	
14	23	21	13		17	22	26	5	5		4	15	26	7	25		7	15	15	10
	24		22		2		19		15		23		7		4		26		8	
24	23	22	23	19	23		14	23	16	5	15	3	13		26	17	25	10	26	5
		25			10	25	25		18				2	26	24				25	
6	13	20	5	13	20		4	23	15	2	15	26	17		17	13	20	23	19	7
	4		15					19		24							25		1	
10	4	26	7	13	5		10	25	25	24	5	25	4		13	19	17	6	25	4
	15				25	3	26			23		15	4	24			18			
25	7	7	19	15	7		4	25	1	15	21	25	4		26	19	10	15	5	14
	13		23		6		2		15		23		2		2		4		23	
13	19	15	19		15	16	23	26	3		15	21	25	4	2		23	4	22	17
	1		11		4		21		23		26		4		25		9		25	
14	25	24	13	4	22		25	12	1	26	17	25	17		14	15	9	23	19	7

1	2	3	4	5	6	7	8	9	10	11	12	13
C		M	R									
14	15	16	17	18	19	20	21	22	23	24	25	26

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

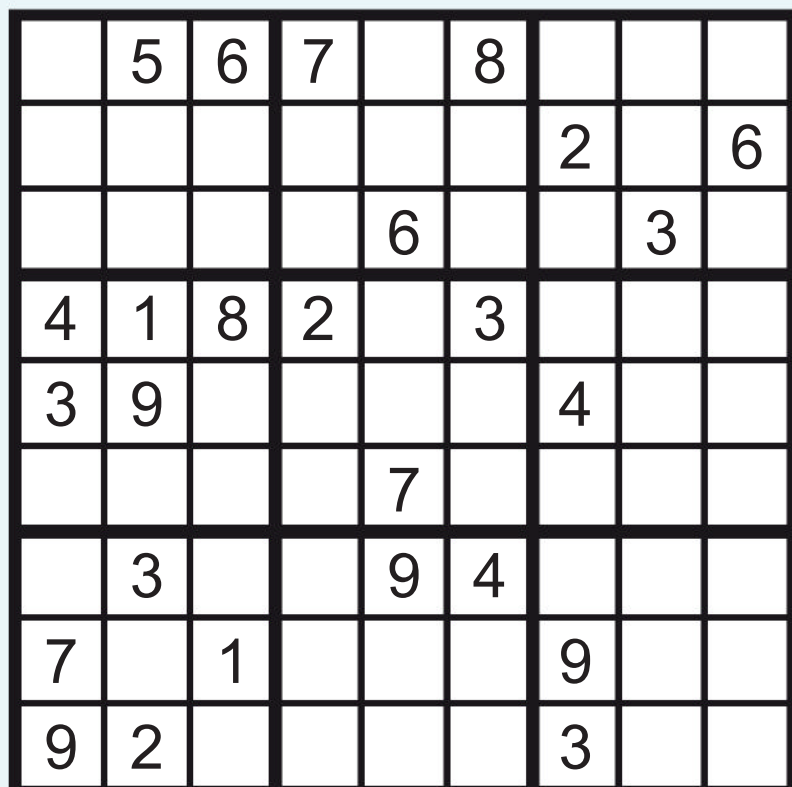
- 1** Gesture of approval (6,2)
6 Proportion per 100 (10)
13 Capsize (2-3)
14 Extremely distressing (9)
15 Jewish leader (5)
16 Ordained, decreed (7)
18 Computer memory units (9)
19 British rule in India (3)
20 --- McQueen, *The Great Escape* star (5)
22 Jargon, slang (5)
24 Massage (3)
26 Placed away office papers into a cabinet (5)
28 2009 horror film starring Isabelle Fuhrman and Vera Farmiga (6)
29 Veer off course (6)
31 River flowing through China (7)
32 Simpleton (10)
34 Make young again (10)
37 Tin tube blown by a referee (7)
38 Linear extent (6)
39 Capital of the Czech Republic (6)

- 41** Christopher ---, Superman actor (5)
42 Number in a pair (3)
43 Made on a loom (5)
45 Master of ceremonies (5)
46 Fish eggs (3)
48 Spectators (9)
51 Draw out an element (7)
53 Delicate ornament (5)
54 Able to be worked (9)
55 *Mystic* ---, crime drama film directed by Clint Eastwood (5)
56 Enigmatical (10)
57 Band of performers (8)

DOWN

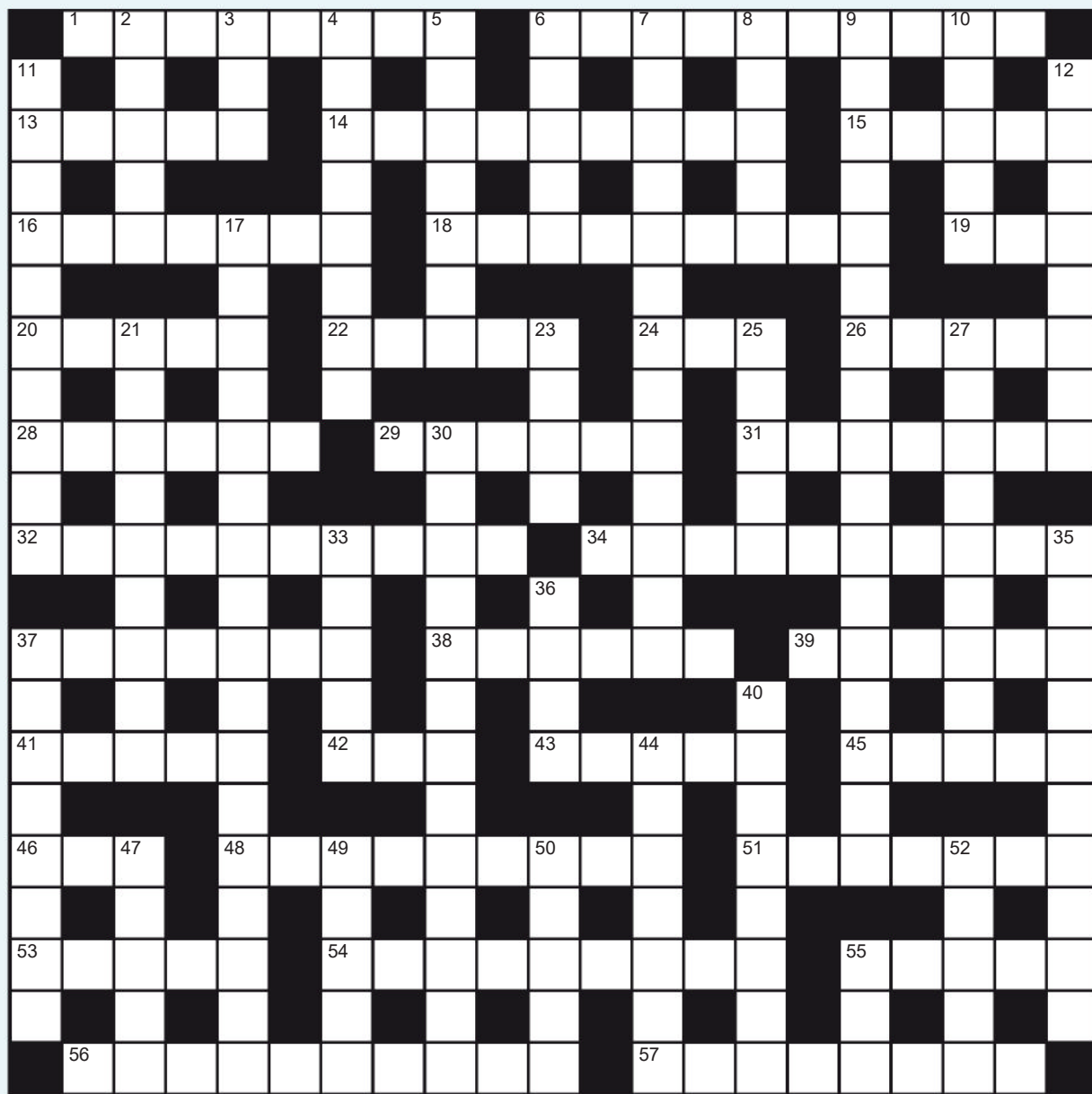
- 2** African scavenger (5)
3 Among (3)
4 Timetable (8)
5 Natalie ---, *Black Swan* actress (7)
6 Tine (5)
7 Repayment for expenses (13)
8 Behind the --- ball, in a tight spot (5)

- 9** 1983 film starring Shirley Maclaine (5,2,10)
10 Zsa Zsa ---, actress (5)
11 New Zealand ski resort town (10)
12 Incorrectly evaluate (8)
17 1975 American drama film based on a novel by Nathanael West (3,3,2,3,6)
21 Dear, costly (9)
23 Gumbo pods (4)
25 Louisiana swamp (5)
27 Sluggish, languid (9)
30 Sydney suburb (13)
33 Garment tuck (5)
35 Simple, uncompounded (10)
36 Chew on a bone (4)
37 Closet (8)
40 Whole numbers (8)
44 Able to be seen (7)
47 Find pleasant (5)
49 Madagascan mammal (5)
50 Fencing swords (5)
52 Blacksmith's block (5)
55 Rapid eye movement (3)



SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



Turn upside down for puzzle solutions

Across: 1 Thumbs Up, 6 Percentage, 13 Up-End, 14 Harrowing, 15 Rabbi, 16 Enacted, 18 Megabytes, 19 Raj, 20 Steve, 22 Ling, 24 Rub, 26 Filed, 28 Orphan, 29 Swerve, 31 Yangtze, 32 Nincompoop, 34 Rejuvenate, 37 Whistle, 38 Length, 39 Prague, 41 Reeve, 42 Two, 43 Woven, 45 Emcee, 46 Roe, 48 Onlookers, 51 Extract, 53 Bijou, 54 Malleable, 55 River, 56 Mysterious, 57 Ensemble.
Down: 2 Hyena, 3 Mid, 4 Schedule, 5 Portman, 6 Prong, 7 Reimbursment, 8 Eight, 9 Terms Of Endearment, 10 Gabor, 11 Queensdown, 12 Misdodge, 17 The Day Of The Locust, 21 Expensive, 23 Okra, 25 Bayou, 27 Lethargic, 30 Woolloomooloo, 33 Plead, 35 Elementary, 36 Gnaw, 37 Wardrobe, 40 Integers, 44 Visible, 47 Enjoy, 49 Lemur, 50 Epees, 52 Anvil, 55 Rem.

Crossword

9	2	4	5	1	7	3	6	8
7	8	1	3	2	6	9	4	5
6	3	5	8	9	4	7	2	1
5	6	2	4	7	9	8	1	3
3	9	7	6	8	1	4	5	2
4	1	8	2	5	3	6	7	9
8	4	9	1	6	2	5	3	7
1	7	3	9	4	5	2	8	6
2	5	6	7	3	8	1	9	4

Sudoku

R	A	C	K	E	T	L	E	X	I	C	O	N	C	U	R	F	E	W
D	I	V	A	S	K	U	L	L	R	O	U	G	E	G	O	F	L	
B	I	K	I	N	I	D	I	P	L	O	M	A	U	S	E	F	U	L
W	A	L	A	I	N	G	S	A	I	N	G	E	C	O	N	S	A	I
F	R	U	G	A	L	F	E	E	B	L	E	R	A	N	S	W	E	R
O	E	M	U	I	O	R	B	H	E	R	A	N	S	W	E	R		
E	G	G	N	G	O	G	R	E	C	O	V	E	R	U	N	F	O	L
A	N	O	N	I	W	I	T	I	R	I	K	S						
C	J	R	V	I	U	R	E	Z										
D	E	B	A	R	K													
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
A	J	X	F	Z	Q	G	W	N	H	S	P	M	R	L	Y	V	K	I
13	12	11	10	9	8	7	6	5	4	3	2	1	20	19	18	17	16	15
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32

Code Cracker

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BREAKFAST & BRUNCH

- 87 Breakfast muffins ●
- 62 Golden milk bircher ●
- 86 Green shallot & potato cakes
with smoked salmon ●●
- 64 Masala French toast with
coriander chutney ●●
- 85 Nutty granola ●
- 85 Soft-boiled eggs with pancetta-
wrapped soldiers ●●
- 62 Turmeric fried eggs ●●

LIGHT MEALS, SNACKS & SIDES

- 89 60-second snack ●●
- 76 Air-fryer pasta chips ●
- 89 Asian-style tofu salad ●●
- 58 Chicken tikka masala salad
pockets ●
- 74 Crab, chilli & herb omelette ●●
- 29 Cranberry & mustard gravy ●●
- 89 Mexican-style chicken salad
- 28 Minted peas & brussels sprouts
●●●
- 28 Roasted vegetable & ricotta
salad ●●●
- 89 Smoked salmon, potato &
asparagus salad ●●
- 29 Sweet potato & cauliflower
bake ●●

MAINS

- 80 Barbecue beef burgers ●
- 78 Beef stroganoff ●●
- 54 Chilli & avocado salsa sweet
potatoes ●●
- 44 Corn & zucchini fritters ●●
- 60 Grilled beef, pear, rocket
& avocado salad ●
- 78 Healthy chilli con carne ●●
- 72 Lemon & garlic trout parcels
with asparagus ●●
- 16 Lemon & risoni chicken
- 72 Mushroom & blue cheese melts
●●●
- 44 Mushroom, fennel & bacon
fusilli ●●
- 52 Peanut butter chicken ●●
- 60 Rainbow salad with
roast pork ●
- 19 Roasted fish with zingy
beetroot salad ●●
- 18 Salsa verde baked eggs ●●●
- 52 Sardines & tomatoes on toast ●
- 17 Sausage & fennel orecchiette ●
- 68 Seared tuna with ponzu
dressing & noodles ●
- 19 Smoky tomato gazpacho ●

- 68 Spicy asparagus & chorizo
baked egg ●●●
- 50 Sticky chicken drumsticks &
sesame rice salad ●
- 74 Sticky paneer mango naans
with herby yoghurt ●
- 46 Summer fish stew ●
- 82 The perfect steak ●●
- 28 Turkey & prosciutto rolls with
cranberry stuffing ●●
- 46 Zucchini lasagne ●●
- 50 Zucchini & pea frittata ●●●

DESSERTS

- 40 Black Forest cake parfaits
- 39 Chocolate & caramel tart ●
- 39 Christmas pudding ice-cream ●●
- 38 Coconut sago with berries
& meringue ●●
- 40 Fruity chocolate rum balls ●●
- 41 Mini Christmas cakes ●
- 30 Peach, raspberry & lemon curd
Eton mess ●●
- 38 Summer berry pudding ●●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

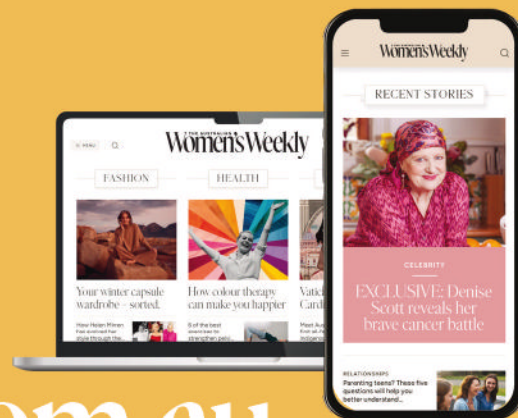
FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

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